

# REFRIED BEAN TOSTADAS



## INGREDIENTS:

- 6 flour tortillas (8 inches)
- ½ pound sliced fresh mushrooms
- 1 cup diced zucchini
- 2 tablespoons canola oil
- 1 jar (16 ounces) chunky salsa
- 1 can (7 ounces) white or shoe peg corn, drained
- 1 can (16 ounces) vegetarian refried beans, warmed
- 1 ½ cups shredded lettuce
- 1 ½ cups shredded cheddar cheese
- 2 medium ripe avocados, peeled and sliced
- 1 ½ cups chopped tomatoes
- 6 tablespoons sour cream

## DIRECTIONS:

1. In a large ungreased skillet, cook tortillas for 1-2 minutes on each side or until lightly browned. Remove and set aside.
2. In the same skillet, sauté mushrooms and zucchini in oil until crisp-tender. Add salsa and corn; cook for 2-3 minutes or until heated through.
3. Spread refried beans over each tortilla; top with lettuce, salsa mixture, cheese, avocados, tomatoes and sour cream.

## BALANCING MEAL IDEAS:

- Have additional side of beans to increase protein intake
- Increase protein by adding veggie- based meat
- Add side of fajita vegetables to increase vegetable intake (sauteed Bell peppers and onions)

## NOTES:

- Makes 6 Tostadas

Reference: <https://www.tasteofhome.com/recipes/refried-bean-tostadas/>