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 pegcorn, 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

browned. Remove and set aside.

2. In the same skillet, sauté mushrooms and zucchini in oil until terisquer. Add salsa and corn;7 g 12 -0 0.1ndee2 0 C2 0 C2 006 oo706 oo706 uobten olndernd zl cr11 (a)a, saec(c

BALANCING MEAL IDEAS:

- Have additional side of beans to increase protein intake
- Increase protein by adding vegglinesed meat
- Add side of fajita vegetables to increase vegetable intake (sauteed Bell pærpdpers onions)

NOTES:

Makes 6 Tostadas

Reference https://www.tasteofhome.com/recipes/refriedantostadas/