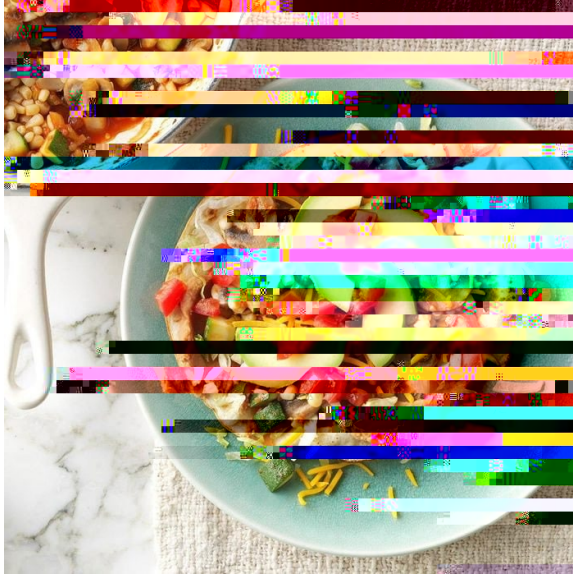


REFRIED BEAN TOSTADAS



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 tender. Add salsa and corn;

BALANCING MEAL IDEAS:

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

NOTES:

- Makes 6 Tostadas

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