

Tempting Tostadas

It's as tasty as a taco and easier too!



Level: Easy

Serves 4

Kids' Tool Kit

Pastry brush
Baking sheet
Rubber spatula
Wooden spoon
Grater
Tablespoons
Measuring cups



Ingredients:

4 corn tortillas, 6-inch size
1 cup fat free refried beans
 $\frac{3}{4}$ cup shredded Monterey Jack cheese
1 cup low fat sour cream
1 cup shredded lettuce
1 cup shredded carrots
1 cup salsa



Directions:

Remember to wash your hands!

1. Heat oven to 375 degrees.
2. Lightly brush both sides of tortilla with vegetable oil. Place tortillas on baking sheet. Bake 12 to 15 minutes or until crisp.
3. Spread $\frac{1}{4}$ cup refried beans on each tortilla and top with 3 tablespoons cheese.
4. Bake until cheese melts, about 2 minutes.
5. Top each tortilla with $\frac{1}{4}$ cup sour cream, lettuce, carrots and salsa.

Chef's Choice

Tempting Tostadas
Peach half
Milk

Nutrition Facts

Amount Per Serving		Calories from Fat 130	
		% Daily Value*	
Calories	330		
Total Fat	15g	22%	
Saturated Fat	9g	44%	
Cholesterol	50mg	17%	
Sodium	900mg	38%	
Total Carbohydrate	35g	12%	
Dietary Fiber	7g	26%	
Sugars	11g		
Protein	15g		
Vitamin A	180%	Vitamin C	10%
Calcium	35%	Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: A tostada is a crisp-fried, round corn tortilla topped with beans or meat. The beans in this recipe are a great source of protein, fiber and flavor. Fat free refried beans are available in the Mexican foods section of the grocery store. You can spice up your tostada by choosing a hotter salsa, if you desire.



Safety Tip: Crisp tortillas may cause choking. So, mind your manners AND your safety. Don't talk and eat at the same time, and don't let children walk or run while eating. Sit down, chew carefully, and ENJOY!

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

