



Vegetable Tostadas



Where service *and savings* matter.

SERVINGS: 6 servings (2 tostadas per serving)

INGREDIENTS:

- 1 medium zucchini, thinly sliced
- 1 medium onion, chopped
- 4 oz fresh mushrooms, sliced
- ½ cup (1 stalk) celery, chopped
- 1 bell pepper, chopped
- ¼ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp chili powder
- ¼ tsp ground cumin
- ⅛ tsp garlic powder
- ¼ tsp dried oregano
- 12 Old El Paso Tostadas
- 2 cups shredded cheese
- ½ cup fat free sour cream
- 1 medium tomato, chopped
- ½ cup hot picante sauce

NUTRITIONALS

Nutritional analysis per serving (2 tostadas): calories 210, calories from fat 45, total fat 5g, saturated fat 2g, trans fat 0g, cholesterol 10mg, sodium 780mg, total carbohydrate 25g, dietary fiber 2g, sugars 4g, protein 16g, vitamin A 20%, vitamin C 45%, calcium 40%, iron 2%

DIRECTIONS:

1. Combine the squash, onion, mushrooms, celery, green pepper, salt, black pepper, chili powder, cumin, garlic powder, and dried oregano in a large skillet with lid. Cover and bring to simmer over medium heat.
2. Reduce heat to low and simmer, 8 to 10 minutes, or until crisp tender.
3. Drain well and set aside.
4. Place tostadas on baking sheet; top each with ½ cup vegetable mixture and sprinkle with cheese.
5. Bake at 350°F for 3 to 5 minutes, until cheese melts.
6. Top each tostada with 2 Tbsp sour cream, sprinkle with tomato and picante sauce to taste. Serve immediately.

Source: Dr. Tyra Carter, PhD, RD, LD

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★ Vegetable Tostadas ★

Shopping List

PRODUCE:

- 1 medium zucchini
- 1 medium onion
- 4 oz fresh mushroom
- ½ cup (1 stalk), celery
- 1 bell pepper
- 1 medium tomato

DAIRY:

- shredded cheese
- fat free sour cream

SPICES/SEASONINGS:

- salt
- ground black pepper
- chili powder
- ground cumin
- garlic powder
- dried oregano

GROCERY/FROZEN/MISCELLANEOUS:

- Old El Paso Tostadas
- hot picante sauce

FOLD