



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
- 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 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 1/4 cup sour cream, lettuce, carrots and salsa.

Chef's Choice

Tempting Tostadas
Peach half
Milk

Nutrition Facts

Serving Size 1 tostada
Servings Per Container 4

Amount Per Serving		Calories 330		Calories from Fat 130	
		% Daily Value*			
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 30g	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.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.