

#### **Cheesy Bean Tostada**

Beans for snack? Yes, please!

Ages: 3–5 years Makes: 6 servings Prep time: 5 minutes Cook time: 7 minutes

### the INGREDIENTS

<sup>3</sup>4 **cup** refried beans, fat-free, low-sodium

6 corn tortillas (at least 14 g or ½ oz each)

<sup>1</sup>/<sub>4</sub> cup + 2 Tbsp cheddar cheese, reduced-fat, shredded

# *the* DIRECTIONS

- 1. Wash hands with soap and water for at least 20 seconds.
- 2. Preheat oven to 400 °F.
- **3.** Spread 2 Tbsp of beans on each corn tortilla.
- 4. Sprinkle 1 Tbsp of cheese evenly over the beans on each tortilla.
- Place on ungreased baking sheet and bake for 7 minutes or until cheese is melted. Heat to 140 °F or higher for at least 15 seconds.
- 6. Serve 1 tostada. Serve immediately, or keep warm at 140 °F or higher.





## the NUTRITION INFORMATION

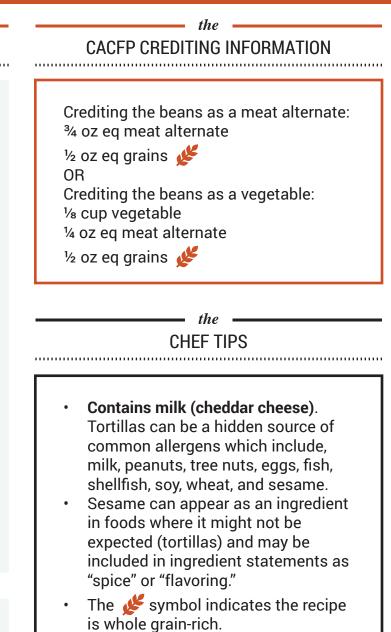
#### 1 Cheesy Bean Tostada

Nutrients Calories	Amount 85
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	96 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Total Sugars	0 g
Includes Added Sugars	N/A
Protein	5 g
Vitamin D	N/A
Calcium	19 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov



• Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

