



Cheesy Bean Tostada

Beans for snack? Yes, please!

Ages: 3–5 years

Makes: 6 servings

Prep time: 5 minutes

Cook time: 7 minutes

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INGREDIENTS

¾ cup refried beans, fat-free, low-sodium

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

¼ cup + 2 Tbsp cheddar cheese, reduced-fat, shredded

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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.
5. 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.

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NUTRITION INFORMATION

1 Cheesy Bean Tostada

Nutrients	Amount
Calories	85
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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
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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](https://www.teamnutrition.usda.gov)

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CACFP CREDITING INFORMATION

Crediting the beans as a meat alternate:
 $\frac{3}{4}$ oz eq meat alternate
 $\frac{1}{2}$ oz eq grains

OR

Crediting the beans as a vegetable:
 $\frac{1}{8}$ cup vegetable
 $\frac{1}{4}$ oz eq meat alternate
 $\frac{1}{2}$ oz eq grains

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CHEF TIPS

- **Contains milk (cheddar cheese).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.