Cheesy Bean Tostada

Beans for snack? Yes, please!

**Ages:** 6–18 years  
**Prep time:** 5 minutes  
**Makes:** 6 servings  
**Cook time:** 7 minutes

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**INGREDIENTS**

- 1½ cups refried beans, fat-free, low-sodium
- 12 corn tortillas (at least 14 g or ½ oz each)
- ¾ cup 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 2 ungreased baking sheets and bake for 7 minutes or until cheese is melted. Heat to 140 °F or higher for at least 15 seconds.

6. Serve 2 tostadas. Serve immediately, or keep warm at 140 °F or higher.
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NUTRITION INFORMATION

2 Cheesy Bean Tostadas

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>167</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>187 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>25 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Includes Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
</tr>
</tbody>
</table>

Vitamin D | N/A
Calcium   | 36 mg
Iron       | 1 mg
Potassium  | N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

Crediting the beans as a meat alternate:
1 ½ oz eq meat alternate
1 oz eq grains

OR

Crediting the beans as a vegetable:
¼ cup vegetable
½ oz eq meat alternate
1 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.