



Cheesy Bean Tostada

Beans for snack? Yes, please!

Ages: 6–18 years

Makes: 6 servings

Prep time: 5 minutes

Cook time: 7 minutes

the INGREDIENTS

1 ½ 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

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.
- 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

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 167 |
| <hr/> | |
| Total Fat | 4 g |
| Saturated Fat | 2 g |
| Cholesterol | 10 mg |
| Sodium | 187 mg |
| Total Carbohydrate | 25 g |
| Dietary Fiber | 5 g |
| Total Sugars | 1 g |
| Includes Added Sugars | N/A |
| Protein | 9 g |
| <hr/> | |
| 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.