

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

1¹/₂ cups refried beans, fat-free, low-sodium

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

³/₄ 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.
- 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.





the NUTRITION INFORMATION

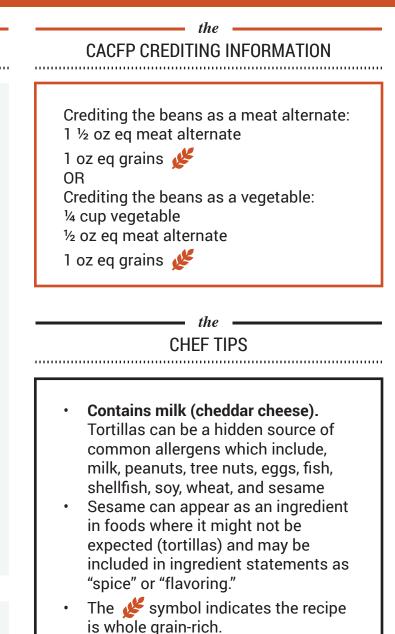
2 Cheesy Bean Tostadas

Nutrients	Amount
Calories	167
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
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



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

