

Cheesy Bean Tostada

Beans for snack? Yes, please!

AGES: 3–5 years

PREP TIME: 30 minutes **COOK TIME:** 7 minutes

CACFP CREDITING INFORMATION

Crediting beans as a meat alternate: OR Crediting beans as a vegetable:

³/₄ oz eg meat alternate

% cup vegetable ¼ oz eq meat alternate

½ oz eq grains 🚜

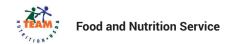
½ oz eq grains 🚜

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Refried beans, fat-free, low-sodium	2 lb	3 cups + 2 Tbsp	3 lb 11 oz	1 qt + 2¼ cups	3 Spread 2 Tbsp of beans on each corn tortilla.
Corn tortillas (at least 14 g or ½ oz each)	12½ oz (at least 350 g)	25 each	25 oz (at least 700 g)	50 each	
Cheddar cheese, reduced-fat, shredded	6¼ oz	1½ cups + 1 Tbsp	12½ oz	3 cups + 2 Tbsp	4 Sprinkle 1 Tbsp of cheese evenly over the beans on each tortilla.



INCREDIENTO	25 SERVINGS		50 SERVINGS		DIDECTIONS
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
					 Place on ungreased sheet pans (18" x 26" x 1") and bake for 7 minutes or until cheese is melted. For 25 servings, use 2 pans. For 50 servings, use 4 pans
					6 Heat to 140 °F or higher for at least 15 seconds.
					7 Serve 1 tostada. Serve immediately, or keep warm at 140 °F or higher.

NUTRITION INFORMATION

1 Cheesy Bean Tostada

NUTRIENTS Calories	AMOUNT 85
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	2 g 1 g 5 mg 96 mg 13 g 2 g 0 g N/A 5 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 19 mg 1 mg N/A

NOTES

- 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.

WEIGHT/YIELDS					
25 Servings	50 Servings				
3 lb 7 oz 25 Cheesy Bean Tostadas	6 lb 1 oz 50 Cheesy Bean Tostadas				