





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:

$\frac{3}{4}$ oz eq meat alternate	$\frac{1}{8}$ cup vegetable
$\frac{1}{2}$ oz eq grains 	$\frac{1}{4}$ oz eq meat alternate
	$\frac{1}{2}$ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					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.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>5 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</p>
					<p>6 Heat to 140 °F or higher for at least 15 seconds.</p>
					<p>7 Serve 1 tostada. Serve immediately, or keep warm at 140 °F or higher.</p>




NUTRITION INFORMATION

1 Cheesy Bean Tostada

NUTRIENTS	AMOUNT
Calories	85
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
Vitamin D	N/A
Calcium	19 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

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	6 lb 1 oz
25 Cheesy Bean Tostadas	50 Cheesy Bean Tostadas