



# Vegetarian Roasted Vegetable Tostadas

These Roasted Vegetable Tostadas are a tasty vegetarian dish that includes a corn tortilla layered with refried beans, meatless sausage crumbles, fire-roasted corn, potatoes, pico de gallo, lettuce, and avocado crema.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Illinois State Board of Education*

**Preparation Time:** 1 hour 15 minutes  
**Cook Time:** 45 minutes

**NSLP/SBP crediting information:**

1 tostada provides

*Legumes as Vegetables:* ½ oz eq grains, ¼ oz eq meat/meat alternate, ⅛ cup dark green vegetable, ⅝ cup starchy vegetable, ⅛ cup beans/peas (legumes), ⅜ cup additional vegetable.

**Or**

*Legumes as Meats/Meat Alternates:* ½ oz eq grains, 1 oz eq meat/meat alternate, ⅛ cup dark green vegetable, ⅝ cup starchy vegetable, ¼ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Potatoes, white, raw, diced, skin on	10 lb	1 gal 2 qt	20 lb	3 gal	<p><b>1.</b> Steam potatoes in a perforated pan for 15-20 minutes until tender.</p> <p><b>Critical Control Point:</b> Heat to 135 °F or higher for at least 15 seconds.</p>

Olive oil	7 ½ oz	¾ cup	15 oz	1 ½ cups	<p><b>2.</b> Heat oil in a large pot over medium heat and sauté sausage-style crumbles according to the package instructions.</p> <p><b>Critical Control Point:</b> Heat to 165 °F or higher for at least 15 seconds.</p>
Sausage-style crumbles, vegetarian (soy-based), frozen	2 lb 8 oz	2 qt 2 ⅓ cups	5 lb	1 gal 1qt ⅔ cup	
Garlic, minced		1 Tbsp		2 Tbsp	<p><b>3.</b> Add potatoes and garlic to pot and sauté with sausage-style crumbles for 5 minutes.</p>
Corn, fire-roasted, frozen, thawed, drained	4 lb	2 qt 3 cups	8 lb	1 gal 1 qt 2 cups	<p><b>4.</b> Add corn and sauté for an additional 5 minutes. Set aside for service.</p> <p><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.</p>
Refried beans, vegetarian, canned	7 lb 3 oz	3 qt ¼ cup (About 1 No. 10 can)	14 lb 6 oz	1 gal 2 qt ½ cup (About 2 No. 10 cans)	<p><b>5.</b> In a separate pan, heat refried beans. Set aside for service.</p> <p><b>Critical Control Point:</b> Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.</p>
Sour cream, fat-free	3 lb	1 qt 1 ½ cups	6 lb	2 qt 3 cups	
Avocado pulp, frozen, thawed	2 lb	3 ⅓ cups	4 lb	6 ⅔ cups	
Lime juice		⅓ cup		⅔ cup	<p><b>6.</b> Crema: Blend sour cream, avocado, and lime in a large mixer. Place in squeeze bottles. Set aside for service.</p> <p><b>Critical Control Point:</b> Hold for cold service at 41 °F or lower.</p>
*Tomatoes, fresh, diced	2 lb 12 oz	1 qt ¾ cup	5 lb 8 oz	2 qt 1 ½ cups	
*Onions, red, fresh, diced	1 lb	3 cups 2 Tbsp	2 lb	2 qt 2 ¼ cups	



*Jalapeño, fresh, minced	3 ¾ oz	⅔ cup	7 ½ oz	1 ½ cups	
Cilantro, fresh, chopped	4 oz	1 qt ½ cup	8 oz	2 qt 1 cup	<p><b>7.</b> Pico de gallo: Combine tomatoes, onions, jalapeños, and cilantro in a large bowl. Stir well. Set aside for service.</p> <p><b>Critical Control Point:</b> Hold for cold service at 41 °F or lower.</p>
*Lettuce, romaine, fresh, sliced	1 lb	2 qt 2 cups	2 lb	1 gal 1 qt	
Tortilla, corn, 4 ½ inch	2 lb 1 ½ oz	50 each	4 lb 3 oz	100 each	<p><b>8.</b> To assemble: Spread 2 ounces of refried beans on 1 tostada. Using a No. 8 scoop, layer with 4 oz of the sausage-style crumble, potato, and corn filling. Top with 1 ½ Tbsp of pico de gallo, 1 ½ Tbsp lettuce, and 1 Tbsp crema.</p>



**VEGETARIAN ROASTED VEGETABLE TOSTADA  
NUTRITION INFORMATION**

For 1 Tostada

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>341</b>
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<b>Total Fat</b>	<b>9.54 g</b>
Saturated Fat	1.2 g
Cholesterol	2.5 mg
<b>Sodium</b>	<b>264 mg</b>
<b>Total Carbohydrate</b>	<b>52 g</b>
Dietary Fiber	7.5 g
Total Sugars	4.7 g
Added Sugars included	N/A
<b>Protein</b>	<b>12.7 g</b>
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Vitamin A	1129 IU
Vitamin C	22 mg
Vitamin D	N/A
Calcium	111 mg
Iron	2.4 mg
Potassium	N/A

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Tomatoes, whole	3 lb 3 oz	6 lb 6 oz
Red onions, whole	1 lb 2 oz	2 lb 4 oz
Jalapeño, whole	5 oz	10 oz
Romaine lettuce, whole	1 lb 9 oz	3 lb 2 oz

<b>NOTES</b>
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Crediting of meat/meat alternate component may vary based on type of soy or plant-based crumbles used.
Cooking Process #2: Same Day Service

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
50 tostadas	100 tostadas
About 22 lb 12 oz	About 45 lb 8 oz

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

