




Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh spinach, julienne sliced	5 oz	1 qt	10 oz	2 qt	1. Combine lettuce and spinach in bowl. Set aside.
*Fresh romaine lettuce, julienne sliced	8 oz	1 qt	1 lb	2 qt	
Salt-free chili-lime seasoning blend OR Salt-free taco seasoning blend (See Notes Section)		¼ cup 2 Tbsp OR ¼ cup 2 Tbsp		¾ cup OR ¾ cup	2. Mix salt-free seasoning and beans. Set aside.
Canned low-sodium refried pinto beans, fat-free	7 lb 12 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	15 lb 8 oz	1 gal 2 ¾ qt (2 ¼ No. 10 cans)	
*Fresh green bell peppers, diced	2 lb	1 qt 2 cups	4 lb	3 qt	3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside.
*Fresh onions, diced	2 lb	1 qt 2 ¼ cups	4 lb	3 qt	
Canned low-sodium corn, drained, rinsed	3 lb 6 oz	1 qt 2 cups (1 No. 10 can)	6 lb 12 oz	3 qt (2 No. 10 cans)	
Tostada shells (round) (0.5 oz each)		50		100	4. Portion beans with No. 16 scoop (¼ cup) on each tostada shell. Spread evenly.
Reduced-fat Mexican cheese blend, shredded	1 lb	1 qt	2 lb	2 qt	5. Top with ½ cup vegetable mixture. Sprinkle with 1 Tbsp cheese.
					6. Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 4 pans. For 100 servings, use 8 pans.  Bake until cheese is melted: Conventional oven: 350 °F for about 5 minutes Convection oven: 350 °F for about 3 minutes  Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					7. Critical Control Point: Hold for hot service at 135 °F or higher.

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded	1 lb 8 oz	1 qt 3 ½ cups	3 lb	1 gal 3 cups	8. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream Serving suggestion: serve toppings in individual soufflé cups
Low-sodium salsa, mild	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Fat-free sour cream	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
					9. Serve one tostada pizza.

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
<b>Salt-free taco seasoning blend</b>
<b>For 50 servings:</b> 2 Tbsp dried onion 2 Tbsp chili powder 1 Tbsp cumin 1 Tbsp crushed red pepper 1 Tbsp garlic powder 1 ½ tsp oregano 1 Tbsp cornstarch
<b>For 100 servings:</b> 4 Tbsp dried onion 4 Tbsp chili powder 2 Tbsp cumin 2 Tbsp crushed red pepper 2 Tbsp garlic powder 1 Tbsp oregano 2 Tbsp cornstarch
Combine all ingredients. Store in airtight container.
*If using immediately, do not add cornstarch.
TIP: Prepare one tostada pizza using exact measurements and use it as a guide to assemble remaining pizzas.

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Spinach	6 oz	12 oz
Romaine lettuce	12 ½ oz	1 lb 9 oz
Green bell peppers	2 lb 8 oz	5 lb
Mature onions	2 lb 4 oz	4 lb 8 oz
Carrots	2 lb 2 oz	4 lb 4 oz

Nutrients Per Serving			
Calories	205.96	Saturated Fat	2.16 g
Protein	8.86 g	Cholesterol	6.85 mg
Carbohydrate	32.20 g	Vitamin A	3226.56 IU (177.20 RAE)
Total Fat	5.69 g	Vitamin C	20.38 mg
		Iron	1.78 mg
		Calcium	172.57 mg
		Sodium	289.72 mg
		Dietary Fiber	5.99 g

Serving	Yield	Volume
1 tostada pizza provides:	50 Servings: about 23 lb 8 oz	50 Servings: 50 tostada pizzas
<b>Legume as Meat Alternate:</b> 1 ¼ oz equivalent meat alternate, ⅓ cup red/orange vegetable, ⅓ cup starchy vegetable, ½ cup other vegetable, and ½ oz equivalent grains.	100 Servings: about 48 lb	100 Servings: 100 tostada pizzas
OR		
<b>Legume as Vegetable:</b> ¼ oz equivalent meat alternate, ¼ cup legume vegetable, ⅓ cup red/orange vegetable, ⅓ cup starchy vegetable, ½ cup other vegetable, and ½ oz equivalent grains.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		