

RECIPE OF THE MONTH

Create-Your-Own Tostada

From the kitchen of Peggy Robinson

Here is a fun way to put healthy foods together--and a dish you will really enjoy!

Prepare in steps:

1) Corn Tortillas:

100% Corn Tortillas (Taco-Loco brand that lists the ingredients as stone ground corn, water and lime)

Set oven to high broil. Lay corn tortillas single file directly on the oven rack.

Toast and lightly brown on both sides. Watch them carefully and turn at least once. (Note: Make extra as they store well. You can also break them into pieces and use them as chips instead of store-bought ones that are high in fat.)



2) Beans

Large can of vegetarian refried beans OR

2 cups cooked, drained white or black beans

1/3 cup large flake nutritional yeast

2 Tbsp tahini or almond butter

1/2 tsp (or to taste) prepared mustard

1/2 cup red bell pepper OR

1 tsp smoked paprika

2 Tbsp lemon juice

1/2 tsp onion granules

1/2 tsp salt

Blend in food processor or VitaMix and chill. Add small amount of water as needed for desired consistency. Warm in oven or microwave.

3) Brown Rice

2 cups cooked brown rice, warm

Spread approx. 1/3 cup beans on toasted tortilla. Layer approx 1/3 cup brown rice over beans and top with the following:

Your favorite guacamole

Your favorite vegan sour cream

Your favorite salsa

Sprigs of fresh cilantro

Pick up the whole tortilla and eat one delicious bite at a time. Enjoy!