



Charred Vegetable & Bean Tostadas with Lime Crema

SERVINGS: 6

PREPPING TIME: 45 MINS

TOTAL TIME: 45 MIN

Ingredients

Lime Crema

- 5 tablespoons plain Greek Yogurt
- $\frac{1}{8}$ teaspoon lime zest
- 2 teaspoons lime juice
- $\frac{1}{8}$ teaspoon kosher salt

Tostadas

- 6 corn tortillas
- 2 tablespoons canola oil plus 2 teaspoons, divided
- 4 cloves garlic, sliced, divided
- 1 $\frac{1}{2}$ teaspoons ground cumin
- 1 teaspoon kosher salt, divided
- $\frac{1}{8}$ teaspoon chipotle chile powder
- 2 (15 ounce) cans no-salt-added black beans, rinsed
- $\frac{1}{4}$ cup water, plus more as needed
- 2 medium red bell peppers, sliced
- 1 large red onion, halved and sliced
- 2 medium zucchini, halved and sliced 1/2 inch thick
- 1 cup fresh or frozen corn kernels
- $\frac{1}{4}$ teaspoon ground pepper
- 1 cup thinly shredded cabbage
- $\frac{1}{4}$ cup chopped fresh cilantro
- 6 tablespoons crumbled cotija cheese

Directions

1. To prepare crema: Combine plain Greek Yogurt, lime zest, lime juice and salt in a small bowl. Set aside.
2. To prepare tostadas: Position a rack in upper third of oven; preheat to 400 degrees F.
3. Brush both sides of tortillas with 1 tablespoon oil and arrange on a baking sheet. (It's OK if they overlap a bit; they will shrink as they cook.) Bake, turning once halfway, until browned and crisp, about 10 minutes. Transfer to a wire rack and let cool.
4. Meanwhile, heat 2 teaspoons oil in a large skillet over medium heat. Add 1 garlic clove and cook, stirring occasionally, until fragrant, about 30 seconds. Add cumin, 1/2 teaspoon salt and chile powder; cook, stirring, for 30 seconds more. Add beans and cook, stirring occasionally, until heated through, about 4 minutes. Transfer the beans to a food processor and add 1/4 cup water. Pulse until smooth, adding more water, 1 tablespoon at a time, if needed.
5. Preheat broiler to high.
6. Toss bell peppers, onion, zucchini, corn, ground pepper, the remaining 3 garlic cloves, 1 tablespoon oil and 1/2 teaspoon salt in a large bowl. Spread on a large rimmed baking sheet. Broil, stirring occasionally, until lightly charred, 8 to 12 minutes.
7. Top the tostadas with some of the beans, charred vegetables, cabbage, cilantro, cheese and the reserved crema.

Nutrition Facts per serving: Serving Size - about 6 servings

Calories: 327 Total Fat 13g Saturated Fat 2g Cholesterol 12 mg Sodium 522mg Total Carbohydrate 43g Dietary Fiber 11g Total Sugars 7g Protein 13g Vitamin C 72mg Calcium 174mg Iron 3mg Potassium 733mg