

Veggie Tostadas

Kids will love this power-packed meal high in vitamins A and C and iron.

Serves 6



Nutrition Facts

Serving Size 2 tostadas
Servings Per Container about 6

Amount Per Serving

Calories 370 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 59g **20%**

 Dietary Fiber 12g **48%**

 Sugars 6g

Protein 12g

Vitamin A 25% • Vitamin C 110%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

- 1 cup water
- 1 ½ cups red salsa, divided
- 1 cup brown rice
- 2 tablespoons olive oil
- ½ onion, diced
- 2-3 medium summer squashes, diced
- 2 bell peppers, diced
- 1 can (15 ounces) black beans, rinsed and drained
- 1 cup fresh (3 ears) or frozen corn
- 12 tostada shells

Directions

1. Bring water and 1 cup salsa to a boil.
2. Add rice and reduce heat to low.
3. Cover and simmer approximately 45 minutes or until all moisture is absorbed.
4. Heat olive oil in a large skillet over medium heat.
5. Add onions and sauté about 5-7 minutes or until onions are soft.
6. Add squash and peppers and sauté 5 more minutes.
7. Add remaining salsa, beans and corn and heat through. Layer rice and bean mixture on top of each tostada shell.
8. If desired, garnish with sour cream, and cheese.

