



Eat Well

Veggie and Bean Tostadas

Directions

Heat olive oil over medium heat in a large skillet or Dutch oven. Add onion and cook until soft, about 3 to 5 minutes. Add the summer squash and zucchini, and cook 5 minutes. Stir in the garlic, tomatoes, jalapeno, corn, and beans. Cook until the vegetables are crisp-tender, about 5 minutes more. Add the cilantro and remove from heat.

Either heat tortillas in a dry skillet, or in the microwave. To serve, scoop an equal amount of vegetable mixture onto each tortilla. Top each with 2 tablespoons of salsa and 2 tablespoons of shredded cheese. Heat the tacos in microwave one minute to melt cheese, if desired.

Servings: 4

This recipe was adapted from the Mayo Clinic and shared by Nancy, a participant of Altru's Weight Management Program.

Ingredients

- » 1 tsp olive oil (or less)
- » 1 cup chopped sweet onion
- » 1 cup diced yellow summer squash
- » 1 cup diced zucchini
- » 3 large minced garlic cloves
- » 2 to 4 chopped tomatoes
- » 1 jalapeno chili, seeded and chopped (or 2 tsp pickled jalapeno slices from a jar, seeded and chopped)
- » 1 cup corn kernels, fresh or frozen
- » 1 cup (15 oz) canned pinto or black beans, drained
- » ½ cup chopped fresh cilantro
- » 8 small (6") flour tortillas (preferably whole wheat, or corn if you like)
- » 1 cup salsa or picante sauce
- » 1 cup shredded Monterey Jack cheese

Nutrition information per serving:

Calories 110, Total Fat 2g, Saturated Fat 2g, Sodium 150mg, Carbohydrates 21g, Protein 2g.

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