



Rainbow Veggie Tostadas

Makes 8 tostadas

Ingredients

For the Lime Crema:

- 8 ounces sour cream or plain Greek yogurt
- 1 lime, zested & juiced
- 1 garlic clove, minced (or ¼ teaspoon garlic powder)
- ¼ teaspoon salt

For the Tostadas:

- 1 16-ounce can refried beans
- 8 tostada shells
- 3 cups shredded romaine or iceberg lettuce (or 1 bag pre-shredded)
- 2 cups thinly sliced red/purple cabbage (or pre-shredded cabbage/slaw)
- 2 bell peppers, seeded and diced (any colors)
- 4 Roma tomatoes, diced
- 1 bunch radishes, thinly sliced
- 1 cup shredded cheese (like cheddar, monterey jack, or Mexican blend)
- 1 large avocado, diced
- Fresh cilantro, for garnish

Procedure

1. Prepare the lime crema: add all ingredients to a bowl and mix until well combined.
2. Add the refried beans to a small saucepan over medium-low heat. Add a tablespoon of water at a time to thin beans to desired consistency (this will vary based on brand of refried beans used – consistency should still be thick, but easily spreadable). Stir frequently, for about 3-5 minutes, until beans are warmed through.
3. Spread about ¼ cup of the refried beans onto each tostada shell. Divide remaining toppings evenly across all tostadas, adding veggies, then cheese, diced avocado, and fresh cilantro. Top each with a dollop of the lime crema and an extra squeeze of fresh lime juice, if desired. Serve right away and enjoy!