

# Wild Veggie Tostadas

Courtesy of Oldways at <http://oldwayspt.org/>



## An Oldways recipe

Tostada is a Spanish word meaning "toasted". In Mexico and other parts of Latin America, it is the name of different local dishes which are toasted. A common tostada dish in Mexico and the American Southwest tops crispy, flat corn tortillas with beans, vegetables, cheeses, and meats. This vegetarian version marries flavor with color, combining Poblano peppers with kale, purple cabbage, and avocado.

### Ingredients:

- 1 cup basmati brown rice
- 1 medium red onion, sliced into half moons
- 3 garlic cloves, minced
- 2 teaspoons olive oil
- 1 large Poblano pepper, seeds removed and cut into long, thin slices
- 1/4 head purple cabbage, chopped into long shreds
- 1 bunch kale or chard, chopped into bite sized pieces
- 1 can low-sodium refried pinto beans
- 1 whole avocado, peeled and sliced
- 8 flat, crispy corn "tostada" tortillas
- Fresh salsa of choice
- Dash of sea salt

**Instructions:**

1. In a small pot, prepare the basmati rice according to the package instructions.
2. In a large pan, saute the red onion half moons, garlic, and pepper slices until soft and aromatic.
3. Add the cabbage, kale, and a pinch of sea salt; cover the pan and let the veggies cook for 5-6 minutes, until soft.
4. In another small pot, heat the refried beans. Add a dash of water, if necessary, to thin the beans for spreading.

**To assemble the tostadas:**

1. Spread a large spoonful of beans onto each corn tortilla, covering the tortilla.
2. Add one spoonful of rice and spread out on top of the beans.
3. Then add veggie medley of cabbage, kale, onions, garlic and peppers.
4. Add 2-3 slices of avocado.
5. Top with salsa of your choice.

Enjoy!

**Nutritional Analysis:**

Calories: 306, Total Fat: 7g, Saturated Fat: 1g, Sodium: 322mg, Cholesterol: 0mg, Carbohydrate: 42g, Fiber: 9g, Sugars: 3g, Protein: 9g

Yield: 8 tostadas