



Black Bean Tostadas

Ingredients

- 1 small tortilla, corn or whole wheat
- ¼ cup black beans
- ¼ white onion
- 1 clove garlic
- ¼ cup shredded cheese
- ¼ avocado, sliced
- Hot sauce of choice (optional)

Directions:

1. Saute onions and garlic in a pan over low heat until fragrant, about 5 minutes
2. Drain and rinse one can of black beans
3. Mash with a fork before adding to the pan; Add to pan and mix to combine
4. Sprinkle cheese over tortilla and lightly toast; Spoon on black bean mixture
5. Add sliced avocado and hot sauce on top; Serve!

Equipment

Frying pan

Cost: \$

Ease: 

Health Benefit: Black beans are a great source of fiber and protein to help keep you fuller for longer. Avocado contains healthy fats that support the heart and brain.