



Makes 12 tostadas
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

½ cup chopped green or red bell pepper

¼ cup chopped onion

1½ cups cooked ½-inch cubes sweet potato

½ of a 15-oz. can no-salt-added black beans, rinsed and drained (¾ cup)

12 6-inch corn tortillas, each cut into 6 wedges

¾ cup chickpea flour

1 tablespoon nutritional yeast

¾ teaspoon baking powder

¾ teaspoon ground cumin

½ teaspoon chipotle chile powder

½ teaspoon sea salt

½ teaspoon freshly ground black pepper

1¼ cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice

1 cup refrigerated fresh salsa

Fresh cilantro leaves for garnish (optional)

Muffin Tin Mini Tostadas

Not just for muffins and cupcakes, muffin tins can help create a wide range of handheld dishes. In this delicious Mexican-inspired breakfast creation, a tortilla crown cradles a flavor-packed hash made with bell peppers, onion, sweet potato, and black beans. Be sure to top it off with fresh salsa and cilantro.

By Nancy Macklin, RDN

- 1** Preheat oven to 350°F. Line twelve 2½-inch muffin cups with foil bake cups. In a medium skillet cook bell pepper and onion over medium 3 to 4 minutes or until just tender, stirring occasionally and adding water, 1 to 2 tsp. at a time, as needed to prevent sticking. Remove from heat and stir in sweet potato and black beans.
- 2** Arrange six tortilla wedges in each prepared muffin cup with curved edges at bottom and points up. (Each should look like a crown.) Spoon about ¼ cup bean mixture into each cup. In a medium bowl stir together the next seven ingredients (through black pepper). Gradually whisk in milk until smooth. Spoon about 2 Tbsp. batter over bean mixture in each cup.
- 3** Bake 20 to 25 minutes or until filling is set. Carefully remove cups. Top with fresh salsa and cilantro (if desired), and serve immediately.