



Makes 1 tostada
Preparation Time: 15 minutes

INGREDIENTS:

1 9-inch whole grain tortilla,
such as Ezekiel brand

3 tablespoons [homemade hummus](#) or purchased oil-free hummus

½ cup chopped roasted, steamed, and/or sautéed vegetables, such as asparagus, bell pepper, zucchini, shallot, and/or broccoli

½ cup raw fresh vegetables, such as sliced or chopped cucumber and/or tomato

¼ cup sliced avocado

Hot sauce (optional)

15-Minute Veggie Tostada

These [quick](#) and colorful veggie tostadas come together in just 15 minutes, making them perfect for [breakfast](#)—or whenever hunger strikes. They're a great way to use up leftover cooked or raw veggies you have on hand, and you can pile on as many as you like! Top them off with fresh favorites such as chopped tomato, cucumber, or creamy avocado for a vibrant, satisfying meal.

Gluten-free version: Use two corn tortillas instead of the larger wheat-style tortilla.

For more inspiration, check out these tasty ideas:

- [Breakfast Tostadas](#)
- [Grilled Melon and Black Bean Tostadas](#)
- [Quick Black Bean Tostadas](#)
- [Southwest Chipotle Tostadas](#)

By Vicki Brett-Gach

- 1 In a dry large skillet lightly toast tortilla over medium-high. Spread hummus over warm tortilla. Sprinkle cooked and raw vegetables over hummus. Top with avocado. If you like, sprinkle generously with hot sauce. Serve immediately.