



Makes 10 tostadas
Cook Time: 30 minutes

INGREDIENTS:

10 6-inch corn tortillas

2 15-oz. cans black beans,
rinsed and drained

2 tablespoons lemon juice

1½ tablespoons onion powder

1½ tablespoons garlic powder

1 teaspoon ground cumin

Sea salt, to taste

Freshly ground black pepper, to
taste

2 cups finely shredded romaine
lettuce

1 green onion, thinly sliced (¾
cup)

1 medium tomato, finely
chopped (½ cup)

3 tablespoons fresh cilantro,
finely snipped

Quick Black Bean Tostadas

Toasted tortillas topped with flavorful black beans and fresh vegetables make a quick and delicious light meal. This is also a great recipe for entertaining, because of its ease and high yield. To spice things up, top black bean tostadas with slices of fresh jalapeño just before serving.

From Forks Over Knives Family

<https://www.youtube.com/watch?v=b2md5lzju9w>

By Darshana Thacker Wendel

- 1** Preheat oven to 350°F. Arrange tortillas in a single layer on baking sheets. Bake 20 minutes or until crisp.
- 2** Meanwhile, in a medium saucepan combine the black beans, lemon juice, onion powder, garlic powder, and ground cumin. Add ½ cup of water and cook over medium heat 10 minutes, adding additional water, 1 to 2 Tbsp. at a time, if needed to prevent sticking.
- 3** Mash bean mixture to reach desired consistency, adding additional water if desired to make creamier. Season with salt and pepper.
- 4** To assemble, spread tortillas with bean mixture, using ¼ cup for each tortilla. Top with lettuce, green onions, tomato, and cilantro.