



## Terrific Tostadas



Busy evenings are back, so simple dinners are key. These tostadas come together in no time and are packed with nutritious veggies and beans. This recipe comes to us from [Working for Cookies](#).

### Ingredients: (serves 4)

- 1 (15 oz.) can black beans
- 1/2 teaspoon garlic salt
- 1 teaspoon chili powder
- 4 whole-wheat tortillas
- 1 tablespoon olive oil
- 4 oz. Monterey Jack Cheese
- 4 cups frozen corn
- 1 cup grape tomatoes
- 1 avocado
- 1 bunch scallions
- 1 lime
- A few sprigs of cilantro (optional)

### Instructions:

**Adult:** Adult: Preheat oven to 475 degrees.

**Together:** In a small bowl, combine black beans, garlic salt and chili powder.

**Together:** Brush both sides of tortillas with olive oil and place on a baking sheet. Top with cheese and seasoned beans. Put in oven for 10 minutes.

**Together:** Meanwhile, combine corn, tomatoes, avocados, scallions and lime juice in a large mixing bowl.

**Adult:** Remove tortillas from the oven.

**Kid:** Top tortillas with corn mixture and enjoy!

\*Optional: Brush additional tortillas with olive oil and bake alongside the toastadas. Once baked, break them into pieces and use them as chips for the remaining corn mixture.

# Food For Thought!

Give your avocados a light squeeze. If they're firm, they're not ripe and won't taste very good. Avocados grow on trees, but unlike apples, they won't ripen until after they're picked. If your avocados are unripe, place them in a brown paper bag for one to three days. This traps a chemical they produce called ethylene (eth-uh-leen) gas and speeds up the ripening process.



## Cooking Tip of the Week

The citric acid in lime juice helps to prevent a cut avocado from turning brown, so make sure to cut your avocado right before mixing it into the corn relish.

## Conversation Starter

What do you think you will like most about being in your new grade this year?



“Start your week off right: Make Monday family night!”  
Visit [TheKidsCookMonday.org](http://TheKidsCookMonday.org) to receive  
the Family Dinner Date each week in your inbox!