

BEAN AND GUACAMOLE TOSTADAS



Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 package Corn Thins
- 1 can refried beans
- 2 avocados
- 1 lime
- A pinch of salt

INSTRUCTIONS:

1. Heat the beans by placing in a microwave proof bowl, heating, and stirring in 30 sec intervals until heated through or place beans in a pot on the stovetop on low heat. Stir until heated through.
2. To make the guacamole: mash avocado, add lime juice and salt, and stir until well mixed.
3. Layer the tostadas by spreading a spoonful of the beans on top of the Corn Thins. Then top with a spoonful of guacamole.
4. Eat and enjoy!

Yield: 4-6 servings (2 tostadas per person)

Source: Nutrition Department Original

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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