

BEAN 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
- 1 jar salsa
- 1 package Pepper Jack cheese
- 1 small head of cabbage, shredded
- 3 limes

INSTRUCTIONS:

1. Heat the beans in a microwave or on the stove top:
 - For microwave: Scoop beans into a microwave proof bowl, and heat, stirring every 30 seconds until heated through.
 - For stove top: Scoop beans into a pot on the stove top and heat on low. Stir until heated through.
2. Spread a spoonful of the beans on top of the Corn Thins. Then add a spoonful of shredded cheese and a spoonful of salsa. Finish by topping with a little cabbage and a squeeze of lime.
3. Serve and enjoy!

Yield: 4-6 servings

Source: Nutrition Program 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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