

MEXICAN LAYERED TOSTADA

NON-COOK RECIPE

Canned pinto beans
Mild salsa
1 small flour tortilla per student
Grated Monterey Jack and cheddar cheese
Shredded lettuce
Chopped tomatoes
Diced avocado (or guacamole)
Sour cream
Sliced ripe olives

** Teacher/parent helpers prepare toppings for tostadas prior to lesson: grate cheeses, wash and shred lettuce, wash and chop tomatoes, dice avocado. Students might be set up to grate cheese themselves, if teacher deemed that task age-appropriate.

Rinse and drain pinto beans. Using a fork, mash the beans, adding enough salsa to moisten and form a chunky paste.

Set up a station so each student can make his/her own tostada. Lay tortilla on a plate and spread with some of the bean mixture. Top with layers of cheese, lettuce, tomato, avocado or guacamole, sour cream, olives and more salsa.

NOTE: If teacher would like class to prepare this as a warm dish, the canned pinto beans could be warmed either by: 1) heating them in a microwave oven, using a microwave-safe bowl, or 2) emptying the canned beans into a saucepan and warming them over low to medium heat. The tortillas can be warmed in a heated, dry skillet for 30 seconds on each side until warm. If a warm version of this recipe is desired, access to a stovetop or heating element is necessary.

Skills Developed

Mix
Spread
Grate
