



Tostadas Deliciosas

4 Servings • 1 Serving = 2 Tostadas

Tips on Queso Fresco



How To Store

Once opened, use within 5–7 days. It does not freeze well (texture becomes crumbly).



How To Use

Pairs well with cilantro, lime, tomatoes, jalapeños, & Mexican or Latin flavors.



Health Benefits

Provides phosphorus & vitamin B12 while remaining relatively mild & easy to digest.

INGREDIENTS

- 8 baked corn tostadas
- 1 cup nonfat refried beans
- 1 cup romaine lettuce leaves, loosely packed and thinly sliced
- 1 1/3 cup tomatoes, chopped
- 3/4 cup queso fresco
- 1 Tablespoon lime juice
- 1 medium avocado

DIRECTIONS

1. Spread about 2 tablespoons of beans on each tostada.
2. Top each tostada with equal amounts of lettuce, tomato, and cheese
3. Slice the avocado in half and remove the pit. Scoop out the flesh into a bowl and smash lightly. Slice the lime in half and drizzle the avocado with juice.
4. Add equal amounts of avocado on each tostada
5. (optional) Top with shredded chicken

Nutrition Facts

4 servings per container
Serving size 2 Tostadas (202g)

Amount per serving
Calories 260

% Daily Value*

Total Fat 13g 17%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 440mg 19%

Total Carbohydrate 31g 11%

Dietary Fiber 6g 21%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 87mg 6%

Iron 2mg 10%

Potassium 562mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Tostadas Deliciosas

4 Porciones • 1 Porción = 2 Tostadas

Consejos sobre Queso Fresco



Cómo Almacenar

Una vez abierto, úsalo en 5-7 días. No se congela bien (la textura se vuelve arenosa).



Cómo Usar

Combina bien con cilantro, lima, tomates, jalapeños y sabores mexicanos o latinos.



Beneficios Para la Salud

Proporciona fósforo y vitamina B12 mientras se mantiene relativamente suave y fácil de digerir.

INGREDIENTES

- 8 tostadas de maíz horneadas
- 1 taza de frijoles refritos sin grasa
- 1 taza de hojas de lechuga romana, ligeramente compactadas y finamente cortadas
- 1 1/3 tazas de tomates, picados
- 1/4 de taza de queso fresco
- 1 cucharada de jugo de lima
- 1 aguacate grande

PREPARACIÓN

1. Extiende unas 2 cucharadas de frijoles en cada tostada.
2. Cubre cada tostada con cantidades iguales de lechuga, tomate y queso.
3. Corta el aguacate por la mitad y quita el hueso. Saca la pulpa en un tazón y aplástala ligeramente. Corta la lima por la mitad y rocía el aguacate con su jugo.
4. Agrega cantidades iguales de aguacate en cada tostada.
5. (opcional) Cubrir con pollo desmenuzado.

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