



Name of Recipe: Mexican Tostada with Lime Crema

TCS Process: #2 Same Day Service

Number of Portions: 4

Meal Contribution: 1 WGR Grain, 2 M/MA, ¼ cup dark green vegetable

Alternate Menu Name:

Group Code: Entrees

Portion Size: 2 Each

Ingredients	Measure	Instruction
Tortillas, corn, whole grain	8 each	Step A: 10. Preheat oven to 400° F. 11. Place corn tortillas on pan in a single layer (do not overlap). Spray both sides of tortillas with pan release. Bake for 8-10 minutes. Edges of the tortillas will begin to brown and should become crispy.
Pan release spray		
Lettuce, romaine	2 cups, shredded	Step B: 1. Shred lettuce. Cut romaine head in half lengthwise through root end of lettuce. Rinse both halves thoroughly. Make 1 lengthwise cut leaving each root half intact, then cut across to make ¼" strips. 2. Rinse cut romaine under running water and drain well. CCP: Hold and serve at 41°F or lower.
Tomatoes	½ cup, diced	Step C: 3. Rinse tomatoes and cilantro under running water. Dry well. 4. Remove tomato core, and dice into ½" pieces. 5. Chop cilantro. CCP: Hold and serve at 41°F or lower.
Cilantro	2 tsp, chopped	
Beans, refried, fat-free, canned, low sodium	1 can (16 oz)	Step D:

		<p>6. Combine refried beans, salsa, cumin, and chili powder in a medium saucepan; stir to combine. Place over medium heat, stirring occasionally.</p> <p>CCP: Heat to 135°F or higher. CCP: Hold for hot service at 135°F or higher.</p>
Salsa, low sodium	¼ cup	
Cumin	½ tsp	
Chili powder	¼ tsp	
Sour cream, reduced fat	¼ cup	<p>Step E:</p> <p>7. Prepare lime crema. Combine sour cream, lime juice, chili powder, paprika, and salt in a small mixing bowl; stir to combine.</p> <p>CCP: Hold and serve at 41°F or lower.</p>
Lime juice, bottled or fresh	2 tsp	
Chili powder	¼ tsp	
Paprika	1/8 tsp	
Salt	1/16 tsp	
Cheese, mozzarella, shredded	1 oz	<p>Step F:</p> <p>8. Combine mozzarella and cheddar cheese in a mixing bowl; toss to combine.</p>
Cheese, cheddar, shredded	1 oz	
		<p>Step G:</p> <p>9. Assemble tostadas. Place toppings on each tostada as follows:</p> <ul style="list-style-type: none"> • ¼ cup beans • .25 oz cheese blend • ¼ cup shredded lettuce • 1 tablespoon diced tomatoes • ¼ tsp chopped cilantro • ½ Tbsp lime crema