

Black Bean Tostada with Mexican Squash

35 MINUTES | 300 CALORIES | 12 INGREDIENTS



These vegetarian tostadas are muy sabrosas! These Black Bean Tostadas with Mexican Squash are tasty and easy.

Get your tostada on!

Here you will find different ways to get your tostada on. You can make your own tostadas in the oven. You can heat them up on the comal to the point of crispy, or if you're feeling lazy or rushed, you can just use the ones that come in EL PAQUETITO. Yes, that's right, sometimes we just gotta do what we gotta do. If you have a hungry crew ready for dinner, just use the packaged ones. We won't tell! And remember, corn is a whole grain, and we want you to eat more whole grains!

This is a delish concoction of black beans and calabacitas, aka Mexican squash. It calls for canned tomatoes. We suggest Rotel[™] although we are not sponsored by them. They just have an honorary place in our pantry for those days when you have to throw something together quick.

The combo of sautéed squash, onion and tomato with the black beans is hardy with plant protein and packed full of flavor. The added queso fresco and cilantro add a nice touch and don't forget to punch it up with your favorite salsa. We have [several salsas](#) for your culinary pleasure. So knock yourself out and make yourself, your honey, Viejo, Vieja, Kiddoes, or whoever is at your table, a healthy dinner!

We love tostadas because the basic street tostada is just as simple as a crispy corn tortilla, a good spread of beans, refried, or just mashed without the extra fat, a few morsels of your favorite meat: carnitas, ground turkey, turkey chorizo, or tofu, if you must, and a robust serving

of shredded lettuce, tomatoes, sliced radishes or whatever fresh veggie your heart desires. You got queso fresco? Throw some on there! A little of this and a little of that and you've got yourself a Mexican feast, ¡Comadre!

¡Qué viva México y que vivan las tostadas!

¡Buen Provecho!

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped fresh Mexican squash
- 2 teaspoons ancho chile powder, divided
- 2 green onions, chopped
- Salt and pepper, to taste
- 1 (15.5 ounce) can black beans, rinsed, drained
- 5 ounces (half of a 10 ounce can) Rotel tomato and chile, drained
- 6 small corn tortillas (see tips for making them into tostadas*)
- 2 cups chopped romaine lettuce
- 1/4 cup crumbled queso fresco
- Cilantro for garnish
- 1 fresh lime, cut into wedges

Step by step

Step 1

In a skillet, heat the olive oil on medium/low heat.

Step 2

Add the squash and cook covered until the squash is soft but not mushy, about 8-10 minutes. Add the chile powder, chopped green onions, salt and pepper to taste, and cover to keep warm.

Step 3

Heat the black beans and canned tomatoes with chile in another saucepan; simmer for 5 minutes.

Step 4

Spread equal amounts of the bean mixture on each tostada. Top with equal amounts of the squash mixture, lettuce and cheese. Sprinkle with cilantro. Serve with lime wedges.

Serving Suggestions: Top with your favorite salsa, lime or lemon juice. *Sprinkle some pomegranate seeds over it for a sweet finish!*

Tips for Making Tostadas: Warm the small tortillas on the comal until they are crunchy. It takes a few minutes more than baking but doesn't use fat.

You can also bake the corn tortillas in the oven at 350 degrees. Spray cooking spray on a cookie sheet. Lay the tortillas on the sheet and bake them 5 minutes on each side, until crispy.

You can also use packaged tostadas. If you are watching calories, just make sure you account for the extra 80 calories in each packaged tostada.

Nutrition Information

Total grams per serving 347 g; Calories 300; Total Fat 9 g (Sat 2 g, Trans 0 g, Poly 0.8 g, Mono 3.9 g); Cholesterol 5 mg; Sodium 540 mg; Total Carbohydrates 48 g; Dietary Fiber 13 g; Total Sugars 6 g; Includes 0 g Added Sugars; Protein 13 g; Vitamin D 0 mcg; Calcium 161 mg; Iron 3 mg; Potassium 864 mg.