



Lentil Tostadas

Number of servings: 8

Serving size: 2 tostadas

Equipment:

Rice cooker

Oven

Ingredients:

2 rice cooker cups or 1 ½ measuring cups of dry lentils

½ cup salsa

4 Tablespoons olive oil, divided

2 Tablespoons red wine vinegar

¼ teaspoon pepper

16 small (4" diameter) corn tortillas

1 ½ cups shredded low fat Monterey Jack or cheddar cheese

1 ½ cups lettuce, shredded

4 green onions, chopped

1 cup light sour cream

Directions:

Rinse lentils. Put lentils in rice cooker and add 4 rice cooker-cups water. Push down "on" button. Button will "click" up to warm position when lentils are done. Unplug cooker when done. Put lentils in a large bowl and add the salsa, 2 Tablespoons olive oil, vinegar and pepper. Set aside.

Preheat oven to 400 degrees. Line a baking sheet with foil. Brush both sides of tortillas with remaining 2 Tablespoons olive oil and place in the oven for 10 minutes to crisp. Let cool a few minutes. Spoon ¼ cup of lentils on each tortilla. Top each tortilla with cheese, lettuce, onions and ½ Tablespoon of sour cream and serve.

Cost per recipe: \$8.05

Cost per serving: \$1.00

MyPlate servings: 1 serving of grain, ¾ serving vegetable, ¼ serving dairy

Nutrition Facts

Serving Size 2 tostadas
Serving Per Container 8

Amount Per Serving		% Daily Values*	
Calories 321			
Total Fat 14g			22%
Saturated Fat 4g			20%
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 7g			
Cholesterol 15mg			5%
Potassium 571mg			16%
Sodium 193mg			8%
Total Carbohydrate 34g			11%
Dietary Fiber 10g			40%
Sugars 3g			
Protein 17g			34%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>