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Roasted Vegetable Tostadas

By Philip Riley

Ingredients

- 4 Zucchini or Yellow Squash
- 2 Cans Black Beans
- 1 Red Onion
- 8 Corn Tortillas
- 4 Tb Yogurt Alternative
- 2 Limes
- 2 Tomatoes
- Olive Oil
- Avocado

Instructions

1. Preheat oven to 400 deg. Slice the zucchini and squash into 1/2 inch rounds. Drizzle oil over the slices, and roast for 20 minutes.
2. Bake the tortillas for about 4 minutes, until crispy.
3. Dice the onion, tomatoes, and avocados. Combine with a squeeze of lime and salt
4. Heat the beans.
5. Whip the yogurt alternative with a hefty squeeze from limes, adding lime zest.
6. Assemble the tostadas by layering the ingredients.