



Try it “Tuesdays”

Vegetable Tostadas

Makes: 15 tostadas (each with 1/2 cup topping)

Preparation time: 45-55 minutes

Nutrition Facts

Serving Size 1 tostada (127g)
Servings Per Container 15

Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 45%	Vitamin C 45%
Calcium 4%	Iron 2%

*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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

- 1/2 head of cauliflower
- 3 carrots
- 2 cucumbers
- 1/2 cup diced red onion (about half an onion)
- 1 1/2 cups diced tomatoes (about 2 tomatoes)
- 1/2 cup finely chopped cilantro
- 1 cup lemon juice (6-7 fresh lemons)
- Salt to taste (optional)
- 15 tostada shells

Directions

Chop cauliflower, carrots and cucumbers into a large bowl. Add onion, tomatoes, cilantro and lemon juice. Stir to combine. Add salt to taste. Refrigerate for 30 minutes. Spoon 1/2 cup of mixture onto tostadas and serve. Refrigerate leftovers.

