



Black Bean Tostada

with
Kiwi Salsa

Equipment List

Measuring cups and spoons
Medium and small bowl
Wooden spoon
Masher /fork
Frying pan/skillet

Ingredients

Kiwi Salsa

½ cup chopped white onion
15 ml lime juice
1 ml salt
4 medium kiwi, peeled and diced
125 ml coarsely chopped cilantro
15 ml finley chopped jalapeno chili*

Black Bean Filling

30 ml oil
80 ml minced white onion
540ml can black beans, *drained, liquid reserved*
30 ml chili powder

Other Ingredients

250 ml plain nonfat Greek yogurt
chili powder for sprinkling
4-5 tostada shells

Jalapeno chili can vary in intensity, the inner flesh can sting so wash hands after cutting.

Method

Salsa

1. Toss together chopped onion, lime juice and salt in a bowl. Let stand for 15 minutes, stirring occasionally. Marinating the onions allows the flavors to develop in a quick stir fruit salsa.
2. Add kiwi, cilantro and jalapeno.

Bean Filling

1. Heat oil in nonstick skillet over medium heat.
2. Add onions cook for 5 minutes or until softened, stir occasionally.
3. Add beans and 125 ml of reserved bean liquid and 30 ml chili powder.
4. Mash beans leaving some whole for texture.
5. Cook for 5 minutes, stirring often, until mixture is thick but moist.

Assembly

Place 1 tostada shell on each plate, divide bean mixture among tostadas, leaving a bit of a border. Top each with 60 ml Greek yogurt, 60 ml salsa, lightly sprinkle with chili powder.

Serve with remaining salsa.