



Avocado Tostada

Prep time: 30 Cook Time: 7 Servings: 12

Latino,Entrees,Breakfast/Brunch,Appetizers/Sides/Snacks,Better For You,Breakfast/Brunch,Smart Hearty Grains,Casual Dining,Catering,Fine Dining,FSR/QSR,Modern Mexican,Plant-Based Preferences,Breakfast All Day

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
6" Smart Hearty Grains™ Tortilla	47086		12 each
Coconut Oil			3/4 cup
Kosher Salt			As needed
Avocado & Roasted Pepita Purée			3 cup
Sweet Heat Pico De Gallo			1 1/2 cup
Cotija Cheese		crumbled	4 Tbsp.
Fresh Mint Leaves			As needed
Fresh Tarragon		leaves	As needed



Instructions

1. To prepare one tostada, brush both sides of one tortilla with coconut oil as needed, season with a pinch of salt and bake at 375°F until crispy. Approx 5-7 minutes.
2. Spread tostada with ¼ cup of Avocado & Roasted Pepita Purée, and top with 2 tbsp. of the Sweet Heat Pico de Gallo.
3. Garnish with 1 tsp. of cotija crumbles and fresh herbs as desired.



Avocado & Roasted Pepita Purée

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Avocado		diced	14 oz.
Garlic Clove			7 each
Lemon Juice			3 Tbsp.
Pepitas		roasted and salted	3/4 cup
Kosher Salt			3/4 Tbsp.
Extra Virgin Olive Oil			3 Tbsp.
Fresh Cilantro		chopped	3/4 cup

Instructions

1. Combine all ingredients in a food processor and pulse until a smooth consistency is reached.
2. Reserve refrigerated until use. *Cover puree with a drizzle of lime juice and wrap tightly in plastic wrap to help keep from browning.



Sweet Heat Pico de Gallo

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Mango		brunoised	3/4 cup
Pineapple		brunoised	1/3 cup
Tri-Colored Bell Pepper		brunoised	3/4 cup
Jalapeno		seeded, brunoised	3 Tbsp.
Red Onion		brunoised	1 1/2 Tbsp.
Garlic		minced	1 1/2 Tbsp.
Lime Zest			1
Lime Juice		fresh	3 Tbsp.
Kosher Salt			As needed
Fresh Mint		chopped	1 Tbsp.
Fresh Tarragon		chopped	2 tsp.

Instructions

1. Combine all ingredients together. Taste and adjust for salt if needed.
2. Reserve refrigerated until use.

