



# 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		See Related Recipe	3 cup
Sweet Heat Pico de Gallo		See Related Recipe	1 1/2 cup
Cotija cheese		crumbled	4 Tbsp.
Mint Leaves		fresh	As Needed
Tarragon Leaves		fresh	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
Fresh Cilantro		chopped	3/4 cup
Lemon Juice			3 Tbsp.
Extra virgin Olive Oil			3 Tbsp.
Avocado		diced	14 Oz.
Kosher Salt			3/4 Tbsp.
Garlic Cloves			7 Each
Pepitas		roasted and salted	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
Fresh Mint		chopped	1 Tbsp.
Mangos		brunoised	3/4 cup
Kosher Salt			As Needed
Tri-colored Bell Peppers		brunoised	3/4 cup
Fresh Tarragon		chopped	2 tsp.
Red Onions		brunoised	1 1/2 Tbsp.
Lime Juice		fresh	3 Tbsp.
Garlic		minced	1 1/2 Tbsp.
Pineapples		brunoised	1/3 cup
Jalapeno		seededbrunoised	3 Tbsp.

## Instructions

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

