

Breakfast | Dinner

Breakfast Tostadas

15 Mins
Prep Time

5-6 Mins
Cook Time

4
Servings

 **520** Calories **27g** Fat **44g** Carbs **21g** Protein



Ingredients

 **4** Servings • **2** Tostadas Serving Size  **20-21 Mins** Total Time  **Allergens:** Eggs, Dairy

8 Corn Tostadas

1 Can (15 oz) Vegetarian Refried Beans

8 Eggs 

1 Batch *Quick and Easy Salsa* or garlic-free salsa

2 Avocados, chopped

Toppings

Fresh Cilantro

Lime Wedges

Shredded Cheese

Allergen Swap

Dairy Use dairy-free cheese or omit cheese

Eggs Omit eggs

Nourishment Note



Eggs

Eggs are an excellent source of lean protein, needed for healthy cell growth. They also contain lutein that may promote eye health and choline, which may decrease chronic inflammation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Bake Tostadas

Bake tostadas according to package directions.

3. Heat Beans

Heat refried beans in a saucepan over medium heat until warmed through.

4. Cook Eggs

In a non-stick skillet, cook eggs, 1-2 at a time, over medium heat. Cook eggs about 5 minutes or until whites are set. Flip eggs and cook an additional minute or until yolk is cooked to desired firmness. Sprinkle with salt and pepper.

5. Assemble & Serve

Spread the warm refried beans onto the tostadas. Top each with an egg, cooked to your liking, salsa, and chopped avocado. Garnish with a lime wedge, cilantro and shredded cheese. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Cutting Board



Knife



Can Opener



Skillet



Spatula



Saucepan



Spoon

Fatigue Buster

- Purchase prepared salsa instead of making it yourself.
- Purchase prepared guacamole instead of chopping avocado by hand.