

# Smoky Swiss Chard & Black Bean Tostadas

The word “tostada” means “toasted” in Spanish, but it can refer to any dish that’s made with a fried tortilla as a base. Here, you’ll bake the tortillas in the oven with a little oil to crisp them up without the mess of deep-frying. In traditional Mexican cooking, vegetables and fresh herbs are elements of the tostada’s topping—especially in Oaxaca, where tostadas can be as large as pizzas.



## Ingredients

- 4 Cloves Garlic
- 1 15-Ounce Can Black Beans
- 1 Bunch Oregano
- 1 Bunch Cilantro
- 1 Bunch Swiss Chard
- 1 Lime
- 1 Yellow Onion
- 4 Corn Tortillas

## Knick Knacks

- 2 Ounces Queso Fresco
- 2 Roasted Piquillo Peppers
- 2 Ounces Mexican Crema
- 1 Teaspoon Smoked Paprika

Makes 2 Servings

About 590 Calories Per Serving





# Instructions

1



## *Prepare the ingredients:*

Preheat the oven to 425°F. Peel and roughly chop the garlic. Crumble the queso fresco. Finely chop the piquillo peppers. Drain and rinse the beans. Pick the cilantro and oregano leaves off the stems; discard the stems. Finely chop the oregano and roughly chop the cilantro. Remove and discard the chard stems; roughly chop the leaves. Cut the lime into 6 wedges. Peel and small dice the onion.

2



## *Bake the tortillas:*

Lightly grease a sheet pan with olive oil. Place the **tortillas** on the oiled sheet pan; drizzle with a little more olive oil, rubbing and flipping the tortillas to thoroughly coat both sides. Bake 6 to 7 minutes, or until golden. Flip the tortillas over and bake an additional 2 to 3 minutes, or until crisped through. Remove from the oven and immediately season with salt.

3



## *Cook the vegetables:*

In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **garlic** and cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **chard** and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.

4



## *Add the beans:*

Add the **oregano**, **smoked paprika** and **beans** to the pan of vegetables; season with salt and pepper to taste. Cook, stirring occasionally, 1 to 2 minutes, or until the beans are heated through. Using a fork, smash some of the beans into the pan; stir to incorporate.

5



## *Plate your dish:*

Divide the **baked tortillas** between 2 plates. Top each with the **bean and vegetable mixture**. Garnish each with the **chopped piquillo peppers**, **cilantro**, **queso fresco** and **crema**. Serve with the **lime wedges** on the side. Enjoy!