

Summer Eggplant & Pepper Tostadas

with Lime Crema & Avocado-Tomato Salsa Fresca

Tostadas are an incredibly delicious Mexican dish of toasty tortillas topped with an array of savory ingredients. (In Spanish, “tostada” means “toasted.”) Because of their customizability, tostadas are a wonderful way to celebrate the finest produce of the season. Here, we’re topping ours with summer eggplant rounds along with two types of pepper: mild green bell and bright sweet peppers. In authentic Mexican fashion, we’re finishing the dish with a pair of complementary toppings: fresh salsa (or salsa fresca) and lime-seasoned Mexican crema.



Ingredients

- 4 Corn Tortillas
- 9 Ounces Sweet Peppers
- 5 Ounces Multicolored Cherry Tomatoes
- 1 Green Bell Pepper
- 1 Avocado
- 1 Lime
- ¾ Pound Eggplant
- 1 Large Bunch Cilantro

Knick Knacks

- 1 Shallot
- ¼ Cup Mexican Crema
- 2 Teaspoons Tostada Spice Blend
(Ground Mexican Oregano, Ancho Chile Powder, Ground Cumin & Garlic Powder)

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Cut off and discard the stem end of the eggplant; cut into ½-inch-thick rounds. Halve the tomatoes. Quarter the lime. Pit, peel and medium dice the avocado; place in a medium bowl and toss with **the juice of 1 lime wedge**. Pick the cilantro leaves off the stems; discard the stems. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a bowl with **the juice of 2 lime wedges**. Cut out and discard the stems, ribs and seeds of the bell pepper and sweet peppers; thinly slice into ½-inch-wide strips.

2



Bake the tortillas:

Lightly oil a sheet pan. Place the **tortillas** on the oiled sheet pan; drizzle with a little more olive oil, turning and flipping the tortillas to thoroughly coat. Bake 6 to 8 minutes, or until golden brown. Flip and bake an additional 1 to 3 minutes, or until browned and lightly crispy. Remove from the oven; immediately season with salt and pepper.

3



Brown the eggplant:

While the tortillas bake, place the **eggplant** in a large bowl. Drizzle with olive oil and season with salt, pepper and the **spice blend**; toss to thoroughly coat. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned eggplant in a single layer. (If necessary, work in batches.) Cook, flipping occasionally, 4 to 7 minutes, or until browned on both sides. Transfer to a plate.

4



Make the lime crema & salsa fresca:

While the eggplant browns, in a small bowl, combine the **Mexican crema** and **the juice of the remaining lime wedge**; season with salt and pepper to taste. Set aside. In a medium bowl, combine the **avocado, tomatoes, shallot-lime juice mixture** and **half the cilantro** (finely chopping just before adding). Stir in a drizzle of olive oil and season with salt and pepper to taste.

5



Cook the peppers:

In the pan used to brown the eggplant, heat 2 teaspoons of olive oil on medium-high until hot. Add the **bell pepper** and **sweet peppers**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until softened and browned. Remove from heat and season with salt and pepper to taste.

6



Finish & plate your dish:

Divide the **baked tortillas** between 2 plates. Top with the **browned eggplant, cooked peppers** and **remaining cilantro**. Garnish with the **lime crema** and **salsa fresca** (you may have extra salsa fresca). Serve with any remaining salsa fresca on the side. Enjoy!