



## Spring Green Tostadas

Makes 4 tostadas; serves 2

### Jicama Salsa

- ½ of a small jicama, peeled, then diced  
(make about 1 cup)
- 1–2 tablespoons diced red onion
- Juice of ½–1 lime
- 1–2 tablespoons chopped cilantro
- ½ avocado

### Tostadas

- 4 corn tortillas
- 1 bunch radish greens, chopped
- 1–2 cups spinach (equivalent to the amount  
of radish greens), chopped
- ¼ cup diced onion
- 1 large clove garlic, chopped
- 1 teaspoon olive oil
- 2 ounces grated cheddar or Monterey jack cheese  
or crumbled Queso Fresco



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please visit Your Healthy Kitchen  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

### Directions

To make salsa, combine the jicama with the onion, lime and cilantro. Set aside. Dice and add avocado to the salsa just before serving.

To make the greens, heat a skillet on medium heat. Add olive oil and onion and sauté until the onion is tender. Add the garlic and sauté 15-20 seconds more. Add the greens and a pinch of salt. Sauté until tender and take off the heat.

To assemble tostadas, heat a heavy skillet on medium high heat. Set oven on warm. Place one tortilla in the skillet, toast until lightly browned. Turn the tortilla over, sprinkle on some cheese, and cover skillet. Toast for a few minutes, until cheese is melted. Place on a cookie sheet in the oven. Repeat with remaining tortillas.

When ready to serve, top tortillas with greens, jicama salsa and a little hot sauce if desired.

### NUTRITION INFORMATION PER SERVING:

Calories	370
Total Fat	20 g
Saturated Fat	7 g
Sodium	290 mg
Total Carbohydrate	38 g
Fiber	11 g
Protein	13 g

Cost per serving:  
\$1.25 for 2 tostadas