Island Tostadas

Crispy corn tortillas topped with a mashed green pea & green banana mixture, pickled red onions, crumbled vegan cotija, and a drizzle of spicy crema.

Recipe



Difficulty: ●●○○○
Portions: 4
Prep Time: 25 minutes

Ingredients:

- 8 corn tostada shells
- 2 tbsp olive oil
- 2 cups (approx. 8 oz) Green Garden Delight meat
- Seasoning: Ground Cumin, Chili Powder, Salt, and Black Pepper to taste
- 1/2 cup pickled red onions
- 1/4 cup crumbled vegan cotija cheese

For Spicy Vegan Crema:

- 1/2 cup vegan sour cream or plain unsweetened vegan yogurt
- 1-2 tbsp adobo sauce from chipotle peppers (adjust heat)
- 1 tbsp lime juice
- Salt to taste
- Fresh cilantro for garnish (optional)



Lets Cook!

Prepare Green Garden Delight Meat:
In a bowl, slightly mash the Green Garden Delight meat. Heat olive oil in skillet. Add mashed meat and seasoning; saute 5-7 minutes.

Assemble Tostadas:
Lay out tostada shells. Spread a generous layer of warm seasoned meat.

Prepare Crema:
Whisk all crema ingredients in a small bowl until smooth.

Top & Serve: Distribute pickled red onions and vegan cotija. Drizzle generously with crema. Garnish with cilantro. Serve immediately.

Pro Tip:

For quick homemade pickled red onions, thinly slice a red onion and soak it in a mixture of 1/2 cup apple cider vinegar, 1/2 cup hot water, 1 tbsp sugar, and 1 tsp salt for at least 15 minutes. They'll turn bright pink and tangy!

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Cook It With:
Green Garden Delight
Green Peas & Green Plantain

