

DINNERLY



LOW CALORIE

Italian White Bean Tostadas with Zucchini & Roasted Pepper Salsa

 20-30min  2 Servings

We took the idea of a Mexican tostada and on a trip through the rolling hills of Tuscany with this dish. The crisp tortillas are still there as the base, but they're topped with creamy, mashed cannellini beans, tender zucchini, and a roasted red pepper salsa. It's a cultural exchange your taste buds can certainly appreciate. We've got you covered!

WHAT WE SEND

- zucchini
- garlic
- canned cannellini beans
- taco seasoning
- roasted red pepper

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- sugar
- white wine vinegar ¹⁷

TOOLS

- box grater
- rimmed baking sheet
- small skillet

ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 610.0kcal, Fat 23.0g, Proteins 24.0g, Carbs 85.0g



1. Prep ingredients

Preheat broiler with top rack 6-inches from heat source. Peel and finely chop $\frac{3}{4}$ **teaspoon garlic**. Pat **roasted peppers** dry, if necessary, then coarsely chop. Finely chop **cheddar** or grate on large holes of a box grater. Trim ends and stems from **zucchini**, then cut in half lengthwise.



2. Cook zucchini

Lightly brush cut sides of **zucchini** with **oil**. Season with **salt** and **pepper** to taste. Place on a rimmed baking sheet, cut-side up. Broil on top rack until browned in spots, 4–5 minutes. Transfer to a cutting board and cut into $\frac{1}{4}$ -inch thick half moons. Switch oven to 400°F. Reserve baking sheet for step 5.



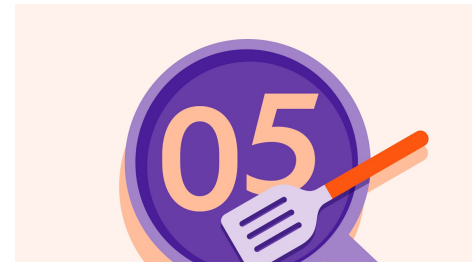
3. Make salsa

In a medium bowl, combine **zucchini**, **red peppers**, **2 teaspoons vinegar**, **2 teaspoons oil**, $\frac{1}{8}$ **teaspoon garlic**, $\frac{1}{2}$ **teaspoon salt**, a **pinch sugar**, and a **few grinds pepper**.



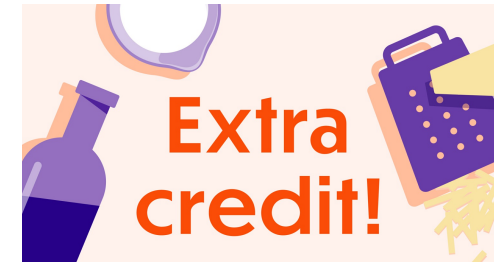
4. Cook refried beans

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **beans and their liquid**, **remaining garlic**, **1 teaspoon of the taco seasoning**, $\frac{1}{4}$ **teaspoon salt**, and a **few grinds pepper**. Mash with the back of a fork or potato masher until smooth. Cook, stirring occasionally, until beans are warmed through and thicken slightly, 1–2 minutes.



5. Make tostadas & serve

Brush both sides of **tortillas** with **oil**, and arrange in a single layer on reserved baking sheet. Bake on top rack until golden and crisp, 4–5 minutes per side (watch closely). Spread $\frac{1}{4}$ **cup beans** over each **tortilla**. Top each with about **one tablespoon cheese**. Bake until cheese is melted and tortillas crisp, 6–8 minutes. Top with **zucchini salsa**. Enjoy!



6. Make it meaty!

Add crumbled Italian sausage or even slices of prosciutto that have been crisped in a hot skillet.