



# DINNERLY



**LOW CALORIE**

## Italian White Bean Tostadas with Zucchini & Roasted Pepper Salsa

 20-30min  4 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
- canned cannellini beans
- taco seasoning
- roasted red pepper
- garlic

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- sugar
- white wine vinegar <sup>17</sup>

## TOOLS

- 2 rimmed baking sheets
- box grater
- medium skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 620.0kcal, Fat 24.0g, Proteins 25.0g, Carbs 85.0g



### 1. Prep ingredients

Preheat broiler with top rack 6-inches from heat source and another in lower third. Peel **2 large garlic clove** and chop **1½ teaspoons**. Pat **roasted peppers dry**, then coarsely chop. Finely chop the **cheddar** or grate using large holes on a box grater. Trim ends and stem 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 until browned in spots, 4–5 minutes. Transfer to cutting board and cut into ¼-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**, **1½ tablespoons vinegar**, **1½ tablespoons oil**, **¼ teaspoon garlic**, **¼ teaspoon salt**, **¼ teaspoon sugar** and **several grinds pepper**.



### 4. Cook refried beans

Heat **1½ tablespoons oil** in a large skillet over medium-high. Add **beans and their liquid**, **remaining garlic**, **2 teaspoons taco seasoning**, **½ teaspoon salt**, and **several grinds pepper**. Mash with the back of a fork or potato masher until smooth. Cook, stirring, until beans are warmed through and thicken slightly, 2–3 minutes.



### 5. Make tostadas & serve

Brush both sides of **tortillas** with **oil**, and arrange in a single layer on 2 rimmed baking sheets. Bake, rotating trays, until golden and crisp, 4–5 minutes per side. Spread **about ¼ cup beans** over each tortilla. Top with **2 tablespoons cheese**. Bake, rotating trays, until cheese is melted and tortillas crisp, 7–9 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.