

PICKY EATER PROOF

Corn & Cheddar Tostadas

with Black Beans & Salsa Fresca



20-30min



4 Servings

When corn is in season, we like to work it into dinner where ever we can. Here we add fresh corn kernels to a hearty black bean and cheddar cheese topping for these crunchy tostadas. The salsa fresca is a traditional combo of finely chopped tomatoes, cilantro, jalapeño, shallots, and lime juice. Half is tossed with crunchy romaine to make a refreshing salad, while the rest is spooned over the t...

What we send

- shredded cheddar
- fresh cilantro
- romaine heart
- corn
- (6-inch) corn tortillas
- lime
- shallot
- tomatoes on the vine
- fresh jalapeño
- canned black beans

What you need

- kosher salt & ground pepper

Tools

- fine-mesh sieve
- skillet
- potato masher or fork
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

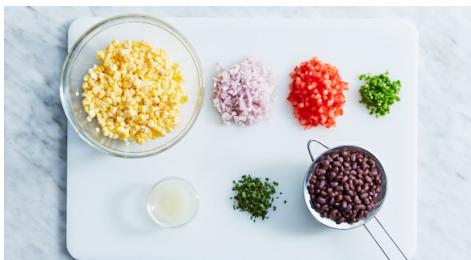
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 28g, Carbs 62g, Proteins 26g



1. Prep ingredients

Peel and finely **shallot**. Core and finely chop **tomatoes**. Halve **jalapeño**, remove stem, core, and seeds, then finely chop. Finely chop **cilantro leaves and stems** together. Juice **lime**. Drain and rinse **black beans**.



4. Add cheese

Remove skillet from heat. Add **remaining cilantro** and **half of the cheese**. Stir until just combined. Season to taste with **salt** and **pepper**. Preheat broiler with a rack in the center of the oven.



2. Make salsa fresca

In a medium bowl, combine **tomatoes, lime juice, 2 tablespoons of the jalapeño** (or more depending on heat preferences), and **half each of the shallots and cilantro**. Toss to combine. Season to taste with **salt** and **pepper**. In a separate bowl, coarsely mash **beans** with a potato masher or fork.



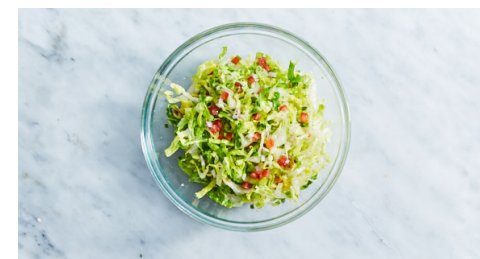
5. Broil tortillas

Place **tortillas** on a rimmed baking sheet (it's ok if they overlap slightly). Brush both sides with **oil**. Broil on center rack until crisp, 1-2 minutes per side (watch closely as broilers vary). Divide **corn-bean mixture** between tortillas; spread, leaving a ¼-inch border all around. Top with **remaining cheese**. Broil until bubbling, 1-2 minutes (watch closely).



3. Cook corn & beans

In a large skillet, heat **2 teaspoons oil** over medium. Add **remaining shallots, ½ teaspoon salt, and a few grinds pepper**. Cook until softened, about 3 minutes. Add **corn** and **¼ cup water**, and cook until softened, about 5 minutes. Add **mashed black beans** to skillet and cook until heated through, about 1 minute.



6. Finish & serve

Thinly slice **romaine** crosswise, discarding end. In a large bowl, toss romaine with **half of the salsa fresca** and **1 teaspoon oil**. Season to taste with **salt** and **pepper**. Spoon the **remaining salsa fresca** over the **tostadas**. Serve with **salad** alongside. Enjoy!