

# Smokey Chard Tostadas

## Ingredients:

2 Tablespoons olive oil

4 cloves garlic, **minced**

1 onion, **diced**

2 bunches rainbow chard, STEMS **sliced**  
and LEAVES **chopped**

1 bunch oregano, **minced**

1 teaspoon smoked paprika

1/2 teaspoon salt

1/4 teaspoon pepper

2 Cups cooked black beans, **drained** and **rinsed**

1 red bell peppers, **roasted, peeled** and **chopped**

1 bunch cilantro, **chopped**

Mexican Crema, for **garnish**

15 wedges of lime

\*15 Homemade Tortillas

## Directions:

First, **pour** olive oil into a large sauté pan and heat over medium high heat.

Next, **add** garlic and onion and **sauté** for 5 minutes.

Next, **add** chard STEMS, chard LEAVES, oregano, paprika, salt and pepper. Continue to **sauté** until leaves are **wilted**.

Next, **add** black beans and **stir** until beans are heated through.

Next, **place** a small scoop of bean and chard mixture onto the center of each tortilla.

Then, **garnish** with peppers, cilantro, and a drizzle of cream.

Finally, **serve** with a wedge of lime and **enjoy!**

## Vocabulary

**Mince:** to chop food using a chef's knife into tiny pieces.

**Dice:** to cut food using a chef's knife into a cube.

**Chop:** to cut food using a chef's knife into bite sized pieces.

**Sauté:** to cook food quickly in a pan with a small amount of oil or fat.

**Garnish:** to decorate and add flavor.