

Three Sisters Tostadas

Heat oven to 450° and line a sheet pan with parchment paper.

Ingredients:

2 Cups butternut squash,
peeled, seeded and cut into a ¼” cube 

2 carrots, **peeled and diced**

1 red onion, **diced**

4 Tablespoons olive oil

½ teaspoon salt

2 teaspoons chile powder

1 teaspoon cumin seed, **ground in a mortar in pestle**

1 Cup black beans, **cooked and drained**

1 lime, **juiced**

¼ Cup cilantro, **chopped**

5 radishes, **thinly sliced**

1 Cup Queso Fresco, **crumbled**

*15 Homemade Tortillas

Vocabulary

Roast: to cook food in the oven at a high temperature in a shallow pan.

Garnish: to sprinkle on top to decorate and add flavor.

Directions:

First, in a large mixing bowl, **mix** butternut squash, carrots, red onion, olive oil, salt, chile powder, and **ground** cumin together.

Next, **spread** squash mixture onto lined sheet pan and **roast** in the oven for 20 minutes or until golden brown.

Then, in a small mixing bowl, **mix** black beans, lime juice, and cilantro together.

Then, **top** each tortilla with a small amount of beans and squash mixture.

Finally, **garnish** each tortilla with a sprinkle of radishes and Queso Fresco. **Serve and enjoy!!**

**Chef's Choice: Try adding other spices or herbs, such as red pepper flakes, cayenne pepper, or chives! Or you can add other vegetables to be roasted, such as bell peppers or jalapenos!!*