



PREP TIME
10 MINUTES

COOK TIME
3 MINUTES

SERVINGS
4

Sunday breakfast gets a Mexican twist with refried beans and everyone's favourite fixings.

Breakfast Tostada

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Remember:

It's important to always ask an adult to help you in the kitchen.

INGREDIENTS

- 4 eggs
- 4 tostadas
- ½ (125ml) cup refried beans
- ½ cup (125ml) shredded cheddar cheese
- ½ cup (125ml) salsa
- ¼ cup (60ml) sour cream
- ½ avocado, sliced
- 2 tbsp chopped fresh cilantro
- 2 tbsp chopped green onion



DIRECTIONS

1. Set large non-stick skillet over medium heat; grease well with non-stick cooking spray. Crack eggs into skillet. Cook for 3 minutes for sunny-side up or until desired doneness is achieved.
2. Meanwhile, preheat broiler to high. Arrange tostadas on parchment-lined baking sheet. Spread refried beans over tostadas and sprinkle with cheese. Broil for 2 to 3 minutes or until cheese is melted.
3. Slide each egg onto tostada. Top with salsa, sour cream, avocado, cilantro and green onion. Serve immediately.

TIP

Add pickled jalapeño or serve with hotsauce to add some kick to this dish.

