Breakfast Tostadas

These Mexican-inspired vegan breakfast tostadas combine fresh veggies, creamy avocado, and crispy corn tortillas for a morning meal that's hearty and healthy. Chickpea flour (also known as besan or gram flour) makes a cholesterol-free substitute for eggs that will keep you satisfied as you start your day. Turn up the heat by adding a spoonful of pico de gallo salsa with a zesty mix of jalapeño, cilantro, and lime juice.

Tip: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

By

Makes 12 tostadas
Preparation Time: 20 minutes
Ready In: 30 minutes

INGREDIENTS:

1½ fresh jalapeño chiles (see tip, recipe intro)

1 medium tomato, chopped

¾ cup onion, chopped

¼ cup fresh cilantro, chopped

2 tablespoons lime juice

12 6-inch corn tortillas

¾ cup red bell pepper, chopped

2 cups fresh broccoli, coarsely chopped

1 cup chickpea flour (also called besan)

2 tablespoons nutritional yeast

1 teaspoon regular or sodium-free baking powder

1 teaspoon ground cumin

½ teaspoon ground turmeric

1½ cups unsweetened, unflavored plant-based milk

Sea salt, to taste

Freshly ground black pepper, to taste

2 cups chopped romaine or salad greens

½ of an avocado, seeded, peeled, and sliced

1 lime, cut into wedges

1 For Fresh Pico de Gallo, in a medium bowl combine 1 thinly sliced jalapeño chile, the tomato, ¼ cup of the chopped onion, the cilantro, and lime juice. Cover and refrigerate until ready to serve.

2 Preheat oven to 375°F. Place tortillas directly on oven rack; bake 8 to 10 minutes or until crisp. Cool on a wire rack.

3 Finely chop the remaining ½ jalapeño chile. In a large nonstick skillet cook bell pepper, the remaining onion, and the chopped jalapeño over medium for 3 to 4 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add broccoli; cook 2 to 3 minutes or just until color brightens.

4 In a large bowl combine the next five ingredients (through turmeric). Gradually add milk, beating until mixture is smooth. Add to skillet; cook 10 to 15 minutes or until thickened, stirring frequently. Season with salt and black pepper.

5 To serve, top tortillas with romaine, broccoli mixture, Fresh Pico de Gallo, and avocado. Serve with lime wedges.