



## Recipes

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# Avocado Tostada

Prep Time: 30 Minutes

Cooking Time: 7 Minutes

Serves 12

### Ingredients:

12 each 6" Smart Hearty Grains™ Tortilla (47086)

3/4 cup Coconut Oil

As needed Kosher Salt

3 cups Avocados & Roasted Pepita Puree, see related recipe

1 1/2 cups Sweet Heat Pico de Gallo, see related recipe

4 Tbsp. Cotija cheese , crumbled

As needed Fresh Mint Leaves

As needed Fresh Tarragon leaves

### Directions:

1. To prepare one tostada, brush both sides of one tortilla with coconut oil as needed, season with a pinch of salt and bake at 375°F until crispy. Approx 5-7 minutes.

2. Spread tostada with 1/4 cup of Avocado & Roasted Pepita Purée, and top with 2 tbsp. of the Sweet Heat Pico de Gallo.

3. Garnish with 1 tsp. of cotija crumbles and fresh herbs as desired.





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### Avocado & Roasted Pepita Purée

Serves 1

#### Ingredients:

14 oz. Avocado , diced  
7 each Garlic Cloves  
3 Tbsp. Lemon Juice  
3/4 cup Pepitas , roasted and salted  
3/4 Tbsp. Kosher Salt  
3 Tbsp. Extra virgin Olive Oil  
3/4 cup Fresh Cilantro , chopped

#### Directions:

1. Combine all ingredients in a food processor and pulse until a smooth consistency is reached.

2. Reserve refrigerated until use.

\*Cover puree with a drizzle of lime juice and wrap tightly in plastic wrap to help keep from browning.

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### Sweet Heat Pico de Gallo

Serves 1

#### Ingredients:

3/4 cup Mango , brunoised  
1/3 cup Pineapple , brunoised  
3/4 cup Tri-colored Bell Pepper , brunoised  
3 Tbsp. Jalapeño , seeded, brunoised  
1 1/2 Tbsp. Red Onions , brunoised  
1 1/2 Tbsp. Garlic , minced  
1 Lime Zest  
3 Tbsp. Lime Juice , fresh  
As needed Kosher Salt  
1 Tbsp. Fresh Mint , chopped  
2 tsp. Fresh Tarragon , chopped

#### Directions:

1. Combine all ingredients together. Taste and adjust for salt if needed.

2. Reserve refrigerated until use.