



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.

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.