



Squash-and-Mushroom Tostadas



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 pounds butternut squash halved lengthwise
- ☐ 6 6-inch corn tortillas ()
- ☐ 1 tablespoon dried-chile purée
- ☐ 1 tablespoon honey
- ☐ 1 cup mushrooms mixed dried
- ☐ 3 tablespoons pinenuts divided toasted
- ☐ 2 poblano chiles
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup tomatillo purée
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Combine the mushrooms and boiling water in a bowl; cover and let stand for 1 hour.
- ☐ Drain. Slice mushroom caps; discard stems.
- ☐ Combine mushrooms, Tomatillo Pure, and Dried-Chile Pure in a small nonstick skillet; bring to a boil over medium-high heat. Reduce heat; simmer 5 minutes or until thick. Keep warm.
- ☐ Preheat broiler.
- ☐ Place chiles on a foil-lined baking sheet; broil for 10 minutes or until blackened, turning occasionally.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes. Slice each chile into 6 strips, and set aside.
- ☐ Preheat oven to 35
- ☐ Place squash halves, cut sides down, on a baking sheet; bake at 350 for 45 minutes or until tender. Cool; discard seeds and scoop out squash pulp.
- ☐ Combine squash pulp, 2 tablespoons pine nuts, honey, and salt in a microwave-safe bowl.
- ☐ Place tortillas directly on middle rack in oven.
- ☐ Bake at 350 for 7 minutes (tortillas should be slightly pliable).

- ☐
- Microwave squash mixture at high 30 seconds or until hot.
- ☐
- Spread 1/4 cup squash mixture over each tortilla; top with 1/4 cup mushroom mixture. Arrange 2 chile strips over mushroom mixture; sprinkle with 1/2 teaspoon pine nuts.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:7.17, Inflammation Score:-10, Nutrition Score:21.729999977609%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 194.51kcal (9.73%), Fat: 4.86g (7.47%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 37.68g (12.56%), Net Carbohydrates: 30.57g (11.12%), Sugar: 9.7g (10.78%), Cholesterol: 0mg (0%), Sodium: 219.98mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Vitamin A: 14883.59IU (297.67%), Vitamin C: 62.44mg (75.68%), Manganese: 0.98mg (48.8%), Fiber: 7.11g (28.45%), Vitamin B6: 0.49mg (24.73%), Potassium: 819.99mg (23.43%), Magnesium: 93.69mg (23.42%), Vitamin B3: 4.37mg (21.85%), Phosphorus: 214.66mg (21.47%), Vitamin E: 2.73mg (18.21%), Copper: 0.31mg (15.37%), Vitamin B1: 0.21mg (14.16%), Folate: 50.07µg (12.52%), Vitamin B5: 1.23mg (12.28%), Iron: 2.08mg (11.55%), Vitamin K: 11.42µg (10.87%), Vitamin B2: 0.18mg (10.84%), Calcium: 93.86mg (9.39%), Zinc: 1.37mg (9.16%), Selenium: 4.63µg (6.61%)