



ABUELA MAMA Y YO

FORTALECIENDO LA SALUD DE TRES GENERACIONES

Soy Tostadas

Ingredients for 10 tostadas

- 1 cup dehydrated soy (texturized vegetable protein)
- 1/3 chopped onion
- 2 tomatoes, chopped
- 2 jalapeños, minced
- 1 can of corn
- 1 bell pepper (any color)
- 1 whole lettuce, chopped
- 1 can of chickpeas
- 1 tablespoon of mayonnaise
- A little olive oil
- 5-6 limes
- Salt and pepper to taste



Soy Tostadas

Preparation (30 minutes)

1. Bring water to a boil.
2. Chop the vegetables while the water boils.
3. When the water boils, turn off the water and put the soy in the pot with salt.
4. Steps to cook. Let the soy soak up the water for 15-20 minutes.
5. After the soybeans have absorbed the water, drain the water from the soybeans. You can cool the soybeans with water like pasta or let it cool on its own.
6. Mix all the vegetables and soy in a baking dish or bowl.
7. Add oil, mayonnaise, pepper and lemon
8. Stir and it's ready to eat with toast or chips and avocado.

Soy is rich in protein and fiber.

It is good to cook with a lot of fruits and vegetables.



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