



# BLUE CORN & ONION TOSTADAS



Blue corn tostadas spread with refried beans and topped with **Flour Breaded Onion Rings**, black bean and corn salsa, arugula, roasted red peppers and chopped cilantro.  
Yield: 1 Serving

## Ingredients:

4 Each	<b>Flour Breaded Onion Rings</b> [#2290320], Prepared According to Package Directions	1 Tbsp.	Lime Juice
¼ Cup	Sweet Corn Kernels	2 tsp.	Cilantro, Chopped
¼ Cup	Black Beans	To Taste	Salt & Black Pepper
¼ Cup	Roasted Red Peppers, Diced	2 Each	Blue Corn Tostadas
		½ Cup	Refried Beans, Heated
		½ Cup	Arugula, Packed

## Directions:

1. In a small bowl, mix together the sweet corn kernels, black beans, roasted red peppers, lime juice, cilantro, salt and black pepper to make the corn and black bean salsa.
2. Spread the tostadas with an even amount of refried beans.
3. Top each tostada with the corn and black bean salsa, arugula and 2 **Flour Breaded Onion Rings**.

