Black Bean Tostadas

1/2 cup water

1/2 cup white vinegar

1/4 cup sugar

1 cup thinly sliced radishes

1 red onion, sliced into 1/2" rings

1 1/2 Tablespoons olive oil

2 ears, corn

1 1/2 cups refried black beans

6 1/2 Tablespoons salsa

1/4 teaspoon salt

4 cups spring mix

8 ounce bag haricots verts, cooked

1 cup cherry tomatoes

8 tostada shells

1/2 ripe avocado, sliced

2.5 package plantain strips

​1/2 chopped fresh cilantro

Preheat baking pan 6" under broiler.

Add 1/2 c. water, vinegar and sugar to saucepan. Bring to a boil.

Pour over radishes.

Toss onion rings with 1 T. oil.

Brush corn with 1/2 t. oil.

Add onion and corn to pan and broil until charred. (about 15 minutes)

Heat refried beans, 1 1/2 T. salsa and 1/ 8 t. salt in saucepan.

Cut corn kernels from corn.

Toss corn with lettuce, green beans, tomatoes, 5 T. salsa and 1/8 t salt.

Bake tostada shells on a baking sheets for 1 minute at 400.

Spread 3 T. bean mixture onto each tostada.

Top with 3 onion rings.

Add 1/2 cup spring mix.

Top with 2 T. pickled radishes.

Top with sliced avocado, plantain strips and 1 T. cilantro.