**Vegetarian Tostada**

1 clove garlic, minced 1 t. chili powder

¼ small onion, chopped ¼ t ground cumin

½ c mashed beans Dash of hot pepper sauce

1 c refried beans 3 whole wheat tortillas

½ c corn 1 cup cheese

¼ c water

½ c tomato sauce

**Directions:**

1. Preheat oven to 350 degrees.
2. Mince garlic and chop onions. Place in a large non stick skillet and turn to medium high heat. Sauté for 1 min.
3. Stir in ¼ c. water, beans, and corn. Cook about four minutes, stirring with a wooden spoon.
4. Add tomato sauce, chili powder, cumin, and hot pepper sauce. Cover and simmer for about 5 minutes.
5. Place whole wheat tortillas on cookie sheet lined with aluminum foil. Bake in the oven for 5-7 minutes. Add bean and corn mixture, tomato, lettuce, and cheese. Cut into fourths, enjoy!

