

Lebanese Sfeeha Tostadas

Adapted from Cara's Cravings

olive oil
1/2 of a medium onion, chopped
2 cloves of garlic, minced
1 can of pinto beans, drained and rinsed
1 can of garbanzo beans, drained and rinsed
1/2 cup of water or chicken stock
1/2 teaspoon salt (or to taste)
1/2 tsp of coriander
1/2 tsp of cumin
1/4 tsp of cayenne pepper
1/4 cup chopped parsley
1/2 tablespoon of pomegranate molasses
2 heaping tablespoons of plain Greek yogurt
4 whole wheat tortillas
3/4 cup (4 oz) grape tomatoes, quartered
3/4 cup chopped, peeled cucumber
1/4 cup chopped parsley
1/4 cup chopped scallions
1 tablespoon olive oil
1 tablespoon lemon juice

Preheat oven to 375°F.

In a medium skillet, heat some olive oil over medium high heat. Add onions and cook for 5 minutes until they have softened. Add garlic, cook for 1 minute. Add beans, water (or chicken stock), salt, coriander, cumin, and cayenne. Bring to a boil, reduce to simmer and cook until all the liquid evaporates off. Taste beans to see if the texture is good (I like mine really soft). Add more liquid and repeat process, if desired. Mash beans with the back of a spoon. Add parsley, pomegranate molasses and yogurt and combine.

Meanwhile, prepare the salad by combining the grape tomatoes, cucumber, parsley, scallions, olive oil, lemon juice, and season with salt and pepper.

Line a baking sheet with aluminum foil and place a metal cooling rack on top of it. Place the tortillas on the rack. Drizzle with olive oil. Bake for about 10 minutes, or until the tortillas are lightly browned and crispy.

To serve, top the hot tostadas with bean mixture and a generous scoop of the salad mixture.

(Servings: 4, Prep time: 10 min., Cook time: 40 min., Difficulty: Easy)