

RECIPE | TOMATOES

SWEET GRAPE TOMATO BREAKFAST TOSTADAS



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INGREDIENTS

1 dry pint Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes, quartered
8 tostadas
4 large eggs
1 butternut squash, cleaned and cut into 1-inch cubes
1 can black beans
1 lemon
2 oz microgreens
2 tbsp olive oil
1-2 tbsp cilantro, chopped
Sea salt, to taste

DIRECTIONS

1. Preheat oven to 400° F. Place cubes of squash on baking tray, drizzle with olive oil, add salt to taste, gently toss and spread the cubes out evenly. Roast in the oven for about 20 minutes.
2. Bring a medium size pot of water to a boil over medium-high heat. Using a slotted spoon, gently lower eggs into the water 1 at a time. Cook on medium-high heat achieving gentle boil. Turn off heat and let sit for 6 minutes. Transfer eggs to a bowl of ice water for 2 minutes.
3. Peel the eggs and cut them in half before eating.
4. To assemble the tostadas, start with the microgreens on the bottom, then layer on squash, black beans, cilantro and top with the egg. Squeeze lemon over the tostadas before serving.



TOTAL TIME

45 minutes

PREP TIME

10 minutes

COOK TIME

35 minutes

SERVES

4

COOKING LEVEL

Easy