

Winter Squash Tostadas

2 Tbsp olive oil

1 medium onion

1 tsp oregano

1 ½ tsp chili powder

1 tsp cumin

Approximately 3 cups cooked winter squash

Salt to taste

4 whole wheat tortillas

2 medium tomatoes (optional)

1 cup shredded sharp cheddar cheese

Salsa for serving (optional I usually use either the salsa or fresh tomatoes depending on the season)

- Pre-heat oven to 350F.
- Place tortillas on a large cookie sheet and place in the oven till slightly crisp.
- In a large frying pan saute onion in olive oil until soft.
- Add oregano, chili powder and cumin stirring well for about 20 seconds.
- Add winter squash stirring to thoroughly mash.
- Cook stirring occasionally until heated through.
- Spread the squash mixture over the tortillas and top with cheese and tomatoes (optional).
- Place in oven until cheese melts.
- Cut tortillas into wedges and serve with salsa (optional).



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