

## Foods from Mexico

### Patty's Tostaditas

Tostadas (packaged cooked corn tortillas)

1 can refried beans, warmed (any style you like)

Queso fresco (a crumbly white cheese)

Crema Mexicana (thickened cream, available in Latino markets)

Sliced avocado

Spread warmed beans over a tostada. Top with crumbled cheese and avocado slices. Drizzle with the cream. Enjoy!

Other options: may also top with sliced tomatoes, cooked chicken/beef/pork.

### Some Recommended Cookbooks

They are all by Rick Bayless: Authentic Mexican; Mexico, One Plate at a Time; Mexican Kitchen