

# LUTHER JACKSON MIDDLE SCHOOL TIGER TOSTADAS

14 snack-size servings

## INGREDIENTS

### Filling

- ½ cup **dried chickpeas**
- 2 cups **warm water** (for cooking)
- 2 teaspoons **dry spice blend** (see NOTE, below)
- 1 1/2 teaspoons **Himalayan pink salt**
- 3 cups **cubed eggplant** (1-inch cubes)
- 2 cups **seeded/cut bell peppers** (1-inch pieces)
- 2 tablespoons **olive oil**
- 1 tablespoon **fresh lemon juice**
- ¼ cup **chopped cilantro** (leaves and tender stems)
- 1 cup **nonfat crumbled feta cheese**

### Tostada Cups

- 2 cups **whole-wheat flour**, or more as needed for rolling
- ¼ cup **olive oil**
- ¾ cup **warm water**

## DIRECTIONS

- **For the filling:** Place the dried chickpeas in a medium bowl. Cover with cool water by a few inches and soak overnight. Drain and transfer to an electric pressure cooker (like an Instant Pot).
- Add the 2 cups of warm water and cook for 20 minutes, until tender. Drain and transfer to a mixing bowl; stir in 1 teaspoon of dry spice blend and 1 teaspoon of the pink salt. Let cool.
- Meanwhile, **make the tostada cups:** Preheat the oven to 400° F. Have two nonstick, standard-size muffin pans at hand.
- Stir together the whole-wheat flour, ¼ cup of oil, and the ¾ cup warm water in a mixing bowl to form a soft dough. Cover and let it sit for 5 minutes.
- Lightly flour a work surface and rolling pin. Roll out the dough to a thickness of no more than ¼ inch. Use a 4-inch round cutter to cut out rounds. Fit one round inside each muffin well to form a shallow cup. Re-flour your work surface, gather together the dough scraps, re-roll, cut, and fit in the muffin wells to finish creating a total of 14 tostada cups.
- Use a fork to prick a few holes at the bottom of each tostada cup. Bake for 15 minutes or until lightly browned and just set. Let cool; they will crisp up as they cool. Leave the oven on.
- (Alternatively, divide the dough into 14 portions of equal size. Flatten or roll out each one to a thin round about 4 inches across and fit one in each muffin well. Use a fork to prick a few holes in the bottom of each one.)
- To finish the filling, combine the eggplant, bell peppers, the 2 tablespoons of oil, the remaining ½ teaspoon of the pink salt, and the remaining 1 teaspoon of dry spice blend in a clean mixing bowl. Toss to coat evenly, spread on a rimmed baking sheet in a single layer, and roast for 15 minutes (400° F) or until tender.
- Scrape the roasted vegetables into the bowl of chickpeas. Add the lemon juice and chopped cilantro; stir to distribute evenly.
- Divide the vegetable mixture evenly among the baked tostada cups. Scatter some feta cheese atop each one and serve.



NOTE: To make the dry spice blend, use a fork to stir together 1 teaspoon each ground cumin, powdered ginger, ground black pepper, ground cayenne pepper, and ground allspice, plus ½ teaspoon each ground cinnamon, ground coriander and ground cloves in a small bowl. The yield is 6½ teaspoons; store leftovers in an airtight container for up to 6 months.