

Ingredients:

- 12 flat hard shell corn tortillas (tostada size)
- 1 tablespoon vegetable oil
- 1 red onion, thinly sliced
- 2 cups Florida mushrooms, thinly sliced
- 2 Florida carrots, sliced as thin as possible
- 1 medium Florida zucchini, thinly sliced
- Kosher salt and fresh ground pepper to taste
- 1 ½ cups low-fat jack cheese (or your favorite), grated
- 1 cup homemade Florida vegetable salsa (or your favorite)
- ¼ cup low-fat sour cream
- ½ cup scallions, chopped

Directions:

1. Pre-heat oven to 400 degrees.
2. Meanwhile, heat oil over medium-high heat in a sauté pan.
3. Add onion and sauté, stirring frequently, for 3 to 4 minutes.
4. Add all other vegetables and continue cooking, stirring occasionally, until vegetables are crisp-tender, about 5 minutes.
5. Remove from heat and season with salt and pepper.
6. Place four tortillas on baking sheet; evenly distribute a few spoonfuls of the sautéed vegetables on each tortilla, then add a small amount of the cheese.
7. Repeat so that you have four stacks with three tortillas each.
8. Make sure to save some cheese for the top of the last layer.
9. Bake for 6 to 10 minutes until the stacks are heated throughout.
10. Garnish the top of each stack with salsa, sour cream and scallions.
11. Serve warm.



Tortilla Towers