

# MUSHROOM TOSTADAS WITH CHIPOTLE SAUCE

Tostadas are always a crowd-pleaser. You can put just about anything on them, and you'll want to try them with mushrooms if you haven't already. Mushrooms are high in Niacin, a B-vitamin, that is great for your skin and digestive system. They are also low caloric yet have a delicious meaty texture to them. Air frying them toasts them up to the right crispiness to put on a base of mashed avocados. A simple vegan chipotle sauce adds an extra pop of unexpected spice and flavor.

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## INGREDIENTS

12 oz Maitake mushrooms  
1/2 teaspoon paprika  
1/2 teaspoon ground cumin  
1/4 teaspoon chili powder  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
8-10 corn tortillas  
avocado oil spray

### CHIPOTLE SAUCE

1/4 aquafaba (liquid from canned chickpeas)  
3/4 cup grapeseed  
1/2 lime, juiced  
1/2 teaspoon salt  
1/2 teaspoon paprika  
1/4 teaspoon smoked paprika  
2 teaspoons adobo sauce  
1 clove garlic, minced

### AVOCADO MASH

2 avocados, peeled and mashed  
1/2 lime, juiced  
1 tablespoon cilantro, chopped  
pinch of salt

## MAKES EIGHT TO TEN TOSTADAS

- 1 Preheat oven to 425°F.
- 2 Shred the Maitake mushrooms into bite-sized pieces and place in a bowl.
- 3 Mix paprika, cumin, chili powder, salt, and pepper in a small bowl, add to the Maitake mushrooms, and toss.
- 4 In batches, place the seasoned mushrooms in an air fryer, spray with avocado spray, and cook for 5 minutes. Give the mushrooms a shake and spray a little more avocado oil. Cook for another 3-5 minutes.\*
- 5 Place corn tortillas on a baking sheet. Spray one side with avocado spray, flip, and spray the other side. Bake for 8-10 minutes. Watch the last 2 minutes very closely.
- 6 To make the chipotle sauce, place all of the ingredients in a bowl and mix with immersion blender until smooth. If you don't have an immersion blender, see notes below.
- 7 To make the avocado mash, combine the mashed avocado, lime juice, cilantro, and salt in a bowl and set aside.
- 8 To plate, take a crispy tortilla, spread the avocado mash, layer on some mushrooms, and drizzle with the chipotle mayonnaise.

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## NOTES

- If you can't find Maitake mushrooms, try oyster or lion's mane mushrooms.
- \*Cooking time will entirely be dependent on the size of the mushroom pieces and also your air fryer so watch carefully.
- If you don't have an immersion blender you can try making the chipotle mayonnaise in a high-speed blender, but it may take some practice and persistence. The key is to blend all the ingredients together (minus the oil) and then on the slowest speed, pour in the oil in a slow and steady stream.
- If your kids think mushrooms are gross, swap them out with some rotisserie chicken or grill off some chicken with the same seasoning mixed used on the mushrooms with the addition of a 1/4 teaspoon garlic powder.



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