

Tostados

6 servings

To begin meal planning, make a list of your family's favorite meals. Plan the main dish first, and add the sides. Remember to include healthy snacks!

- 6 (6 inch) flour tortillas or tostados
 - 2 cups refried beans
 - 2 teaspoons chili powder (optional)
 - 1 ½ cups cheese, shredded
 - 1 cup lettuce, gently rubbed under cold running water (unless labeled as "pre-washed" or "ready-to-eat", then use as is), shredded
 - 1 tomato, gently rubbed under cold running water, chopped
 - Salsa (optional)
1. Wash hands with soap and water.
 2. Preheat oven to 350 °F.
 3. On a baking sheet, arrange tortillas or tostadas in a single layer. If using tortillas, spray both sides with non-stick cooking spray and bake for 4 minutes or until crisp.
 4. Mix refried beans and chili powder, if using.
 5. Spoon ⅓ cup of refried beans on each tostada.
Sprinkle with cheese.
 6. Bake for 10 minutes or until cheese is melted.
 7. Top each tostada with lettuce and tomato. Serve with salsa if desired.



Nutrition Information per Serving: (1 tostado) Calories 310, Total Fat 13g, Saturated Fat 7, Cholesterol 35mg, Sodium 630mg, Total Carbohydrates 33g, Dietary Fiber 6g, Sugars 1g, Protein 15g, Vitamin A 10%, Vitamin C 20%, Calcium 25%, Iron 15%.