

Fiesta Tostadas

Serves 8

Ingredients:

- 8 large whole-wheat tortillas
- 1 cup vegetarian refried beans
- 1/2 cup low-sodium canned black beans
- 1 cup diced avocado
- 1/4 cup frozen corn kernels
- 1/4 cup black olives, sausage, pepperoni, or chorizo
- 1/2 cup shredded cheddar cheese, Mexican blend, Monterey Jack, or pepper jack



Directions:

1. Prepare ahead of time: slice the olives or sausage if using, and shred the cheddar cheese if necessary, and refrigerate.
2. Preheat the oven to 425°F. Line 2 large baking sheets with silicone baking mats or nonstick cooking spray.
3. Put the tortillas on the baking sheets, spread a thin layer of refried beans on each (about 2 tablespoons per tortilla).
4. Top each tortilla with about 1 tablespoon beans, 1 tablespoon avocado, 1 teaspoon corn, 1 teaspoon olives, and 1 tablespoon cheese.
5. Bake for about 10 minutes until the tortillas get browned and crunchy. Serve the tostadas immediately.

Nutrition Information per serving (1 tostada):

Calories: 225, Total Fat: 9 g, Saturated Fat: 2.5 g, Cholesterol: <5 mg, Sodium: 390 mg, Carbohydrate: 32 g, Fiber: 7 g, Total Sugar: 1 g, Protein: 9 g

SOURCE: <https://www.diabetesfoodhub.org/recipes/fiesta-tostadas.html>
