



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 "readyto-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%.

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