

Tempting Tostadas

It's as tasty as a taco and easier too!

4 servings

Ingredients:

4 corn tortillas, 6 inch size
1 cup fat free refried beans
3/4 cup shredded Monterey Jack cheese
1 cup low fat sour cream
1 cup shredded lettuce
1 cup shredded carrots
1 cup salsa

Directions:

1. Heat oven to 375 degrees. **2.** Lightly brush both sides of tortilla with cooking oil. Place tortillas on baking sheet. Bake 12-15 minutes or until crisp. **3.** Spread 1/4 cup refried beans on each tortilla and top with 3 tablespoons cheese. **4.** Bake until cheese melts, about 2 minutes. **5.** Top each tortilla with 1/4 cup sour cream, lettuce, carrots and salsa.

Nutrition Facts: One tostada provides 330 calories, 15g total fat, 50mg cholesterol,

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Tempting Tostadas
Peach Half
Milk

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