

Bean and Cheese Tostadas

Ingredients:

- 1 can no salt added pinto beans, rinsed and drained
- ¼ cup water
- 1 teaspoon garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon hot sauce
- 4 corn tortillas
- ½ cup shredded reduced-fat cheddar cheese
- 2 cups shredded lettuce
- 4 ounces grape tomatoes
- 1/3 cup onions

Nutrition Facts

Servings: 4

Amount per serving

Calories **169**

% Daily Value*

Total Fat 5.4g **7%**

Saturated Fat 3g **15%**

Cholesterol 15mg **5%**

Sodium 144mg **6%**

Total Carbohydrate 22.6g **8%**

Dietary Fiber 5.3g **19%**

Total Sugars 1.5g

Protein 7.4g

Optional: lime juice, hot sauce, salt, pepper, jalapeños, non-fat Greek yogurt

Directions:

1. Preheat oven to 350 F
2. In a food processor or blender, blend the beans, water, garlic, chili powder, cumin, and hot sauce until smooth.
3. Put tortillas on a baking sheet. Spread bean mixture on each tortilla. Sprinkle with cheese.
4. Bake for 10 minutes, or until cheese has melted and beans are hot.
5. Remove from oven, and top with remaining ingredients