

Blue is Better Recipe (Serves 4) Black Bean Tostadas

Ingredients

- 1 c. rinsed & drained, low-sodium canned black beans, mashed
- 2 tsp. chili powder
- 4 8" corn tortillas
- 1 c. washed torn romaine lettuce leaves
- 1 c. chopped tomato
- 1/2 c. chopped onion
- 1/2 c. plain non-fat yogurt
- 2 jalapeno peppers, seeded & finely chopped

Preparation Instructions

1. Combine beans & chili powder in small saucepan. Cook over medium heat 5 minutes or until heated through.
2. Spray large skillet with cooking spray. Let heat. Sprinkle tortillas with water; place in skillet, one at a time. Cook 20-30 seconds or until hot & pliable, turning once during cooking.
3. Spread bean mixture evenly over tortillas; layer with lettuce, tomato, onion, yogurt & peppers. Garnish with cilantro, sliced tomatoes & pepper if desired.



NUTRITION FACTS

Serving Size

1 tostada

Amount Per Serving:

Calories	146
Calories from Fat.....	18
Total Fat	2 g
Saturated Fat.....	<1 g
Cholesterol	1 mg
Sodium	466 mg
Carbohydrate	29 g
Dietary Fiber.....	5 g
Protein	9 g