Chicken and Black Bean Tostadas with Avocado Cream

The toasted tortillas provide a crispy base for this delicious Mexican dinner.

Ingredients

For the Avocado Cream

1 small avocado, halved, pitted, and coarsely chopped

1/2 cup fat-free or low-fat sour cream

2 tablespoons cold water

1 tablespoon chopped fresh cilantro
OR
1 teaspoon dried cilantro

1/2 teaspoon honey

For the Black Beans

1 15.5-ounce can no-salt-added black beans, rinsed and drained

1 tablespoon chopped fresh cilantro
OR
1 teaspoon dried cilantro

1/2 teaspoon fresh lime juice

1/2 teaspoon canola or corn oil

For the Chicken Tostadas

1/2 cup fresh or frozen corn
OR
1/2 cup no-salt-added canned corn, rinsed and drained

1 medium Roma tomato, diced

3 tablespoons diced red onion

1 small jalapeño, seeds and ribs discarded, diced

1 medium garlic clove, minced
OR
3/4 teaspoon minced jarred garlic

Pepper to taste

4 6-inch corn tortillas

4 ounces shredded cooked skinless chicken breast, cooked without salt, all visible fat discarded

Handful fresh cilantro leaves, coarsely chopped

Directions

For the Avocado Cream

In a small bowl, stir together the avocado, sour cream, water, cilantro, and honey. With the back of a spoon, mash the mixture until combined and creamy.

For the Black Beans

In a food processor or blender, process the beans, cilantro, lime juice, and oil until smooth.

For the Chicken Tostadas

Preheat the oven to 350˚F.

In a small bowl, stir together the corn, tomato, onion, jalapeño, garlic, and pepper.

Place the tortillas directly on the oven rack. Bake for 8 to 10 minutes, or until crisp. Transfer to a work surface.

Spread the bean mixture on the tortillas. Add the chicken. Spoon the tomato-corn salsa over the chicken. Top with a dollop of the avocado cream. Sprinkle with the cilantro leaves.

Quick Tips

Tip: Mashing the avocado cream can be a safe and fun step to involve kids in preparing this meal.

Calories	Protein	Fiber	Cost Per Serving
280 Per Serving	17g Per Serving	9g Per Serving	$1.64

Nutrition Facts

Calories	280
Total Fat	8.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.5 g
Cholesterol	25 mg
Sodium	199 mg
Total Carbohydrate	37 g
Dietary Fiber	9 g
Sugars	6 g
Added Sugars	0 g
Protein	17 g