Turkey and Bean Tostadas with Avocado-Tomato Salsa

Baked tortillas hold the same appeal as their fried counterparts in this tostada recipe — they're crunchy and delicious!

Ingredients

Salsa Ingredients

2 cups chopped tomatoes (about 2 medium tomatoes)

1 medium avocado, halved, pitted, and diced (optional)

1 large ear of corn, husks and silk discarded, and kernels removed from the cob

OR

1 cup frozen whole-kernel corn, thawed and drained (optional)

1 to 2 medium fresh jalapeños, seeds and ribs discarded, finely chopped

2 tablespoons finely chopped red onion

2 tablespoons fresh lime juice

Tostada Ingredients

Cooking spray

5 6-inch corn tortillas

8 ounces ground skinless turkey breast

2 teaspoons chili powder

1 teaspoon ground cumin

1 teaspoon ground coriander

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

2 tablespoons water

Directions

In a small bowl, stir together all the salsa ingredients. Set aside.

Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.

Place the tortillas on the baking sheet. Lightly spray the tortillas with cooking spray. Using a fork, pierce the tortillas a few times to prevent them from filling with air. Bake for 5 to 6 minutes on each side, or until golden brown.

Meanwhile, in a medium nonstick saucepan, cook the turkey, chili powder, cumin, and coriander over medium-high heat for 5 to 6 minutes, or until the turkey is no longer pink, stirring occasionally to turn and break up the turkey.

Add the beans and water. Cook for 5 minutes, or until the beans are heated through. Using a potato masher. coarsely mash the beans. Remove from the heat.

To assemble the tostadas, spread the turkey mixture over each tortilla. Spoon the salsa over all.

Calories

Protein

Fiber

260 Per Serving

19g Per Serving

8g Per Serving

Nutrition Facts

Calories	260
Total Fat	7.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.5 g
Cholesterol	18 mg
Sodium	60 mg
Total Carbohydrate	33 g
Dietary Fiber	8 g
Sugars	7 g
Protein	19 g

Dietary Exchanges

2 starch, 1 vegetable, 2 lean meat