



December 21- Tostados Delgadas

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/tostadas-delgadas>

Recipe

Ingredients:

- 8 flour tortillas
- 2 cups refried beans (fat-free)
- 2 cups lettuce (shredded)
- 1 cup tomatoes (diced)
- 1 cup cheese (grated)

Directions:

1. Wash hands and cooking area.
2. Turn on oven to 350°F.
3. Place tortillas on a cookie sheet and put in oven for 10 minutes or until crispy.
4. Wash and cut your lettuce and tomatoes.
5. Spread two large tablespoons of refried beans on each tortilla.
6. Top with shredded lettuce, diced tomatoes, and grated cheese.
7. Serve immediately and refrigerate leftovers.

Yield 8 servings

Nutrition Facts	
Serving Size 1 tostada (157.88g)	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 380mg	16%
Total Carbohydrate 36g	12%
Dietary Fiber 7g	28%
Sugars <1g	
Protein 13g	25%
Vitamin A 25%	Vitamin C 6%
Calcium 20%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.