



# Tostadas Deliciosas

4 Servings • 1 Serving = 2 Tostadas

## INGREDIENTS

- 8 baked corn tostadas
- 1 cup nonfat refried beans
- 4 large romaine lettuce leaves, thinly sliced
- 2 Roma tomatoes, chopped
- ¼ cup queso fresco, crumbled
- 1 large avocado
- 1 lime
- Optional: shredded chicken

## DIRECTIONS

1. Spread about 2 Tablespoons of beans on each tostada.
2. Top each tostada with equal amounts of lettuce, tomato, and cheese.
3. Slice the avocado in half and remove the pit. Scoop out the flesh into a bowl and smash lightly. Slice the lime in half and drizzle the avocado with juice.
4. Add equal amounts of avocado on each tostada.
5. Top with shredded chicken.

## Nutrition Facts

4 servings per container

**Serving size** 2 Tostadas

Amount per serving

**Calories** 250

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 320mg 14%

**Total Carbohydrate** 34g 12%

Dietary Fiber 5g 18%

**Total Sugars** 4g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 2mg 10%

Potassium 614mg 15%

\*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

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