



# TOSTADAS DELICIOSAS

## 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

