



Southwestern Tostadas

Recipe courtesy Chef Bryan Woolley

6 corn tortillas
1/3 cup carrots, peeled, thinly sliced in strips (julienne cut)
1/3 cup onion, thinly sliced
1/3 cup cucumber, peeled, deseeded, thinly sliced (julienne cut)
1 bell pepper, julienne cut
1/3 cup celery, thinly sliced (julienne cut)
1 cup refried beans
1 Tbsp adobo sauce
1/3 cup low fat sour cream
1/3 cup grated Swiss cheese
Extra virgin olive oil spray
Salt and pepper to taste

1. Heat a large skillet on the stove.
2. Spray each side of the corn tortilla's with olive oil spray, place on a baking sheet and bake off in a 450-degree oven until crisp. (About 10 minutes)
3. Lightly spray the heating skillet with olive oil and place the carrots, onion, cucumber, bell pepper, and celery into the pan and sauté for about 2 minutes or until fragrant. Remove from heat and set aside.
4. Mix the refried beans and adobo sauce together.
5. Once the tortilla shells are baked spread about 3 Tbsp of refried beans onto each tortilla; follow by about 1 tbsp of sour cream and cheese. Place back into the oven for about 5 minutes or until cheese has melted.
6. Remove newly baked tostada shells from the oven and finish off by placing about 1/4 to 1/3 cup of sauté vegetables on top. Sprinkle with salt and pepper.
7. Serve and enjoy!

Makes 6 servings

Nutritional Analysis

One Serving = One Tostada

Calories	124
Total Fat	3g
Saturated Fat	1g
Cholesterol	5mg
Sodium	675mg
Carbohydrate	20g
Protein	6g

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Diabetic Exchanges

Protein	1
Fat	.5
Carbohydrate	1.3