

Tasty Tostadas

Nonstick cooking spray
4 corn tortillas
2 carrots
1 cup lettuce
 $\frac{2}{3}$ cup fat free refried beans
 $\frac{1}{4}$ cup shredded reduced fat Monterey
Jack cheese
 $\frac{1}{2}$ cup fat free sour cream
 $\frac{1}{2}$ cup salsa

Makes 4 portions, 1 tostada each

Per portion

Calories:	156
Carbohydrate:	27 grams
Protein:	7 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	7 milligrams
Sodium:	366 milligrams
Dietary fiber:	5 grams

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1. Heat oven to 350°.
 2. Lightly spray both sides of tortillas with cooking spray.
 3. Place tortillas on baking sheet. Bake 10 minutes or until crisp . Remove from oven.
 4. Wash and shred carrots and lettuce.
 5. Spread $2\frac{1}{2}$ tablespoons of beans on each tortilla. Top each tortilla with 1 tablespoon of cheese.
 6. Place back into oven. Bake at 350° until cheese melts, about 2 minutes. Remove tortillas from baking sheet and place each one on a plate.
 7. Top each tortilla with 2 tablespoons sour cream, $\frac{1}{4}$ cup shredded carrots, $\frac{1}{4}$ cup shredded lettuce, and 2 tablespoons salsa. Serve.