



LUNCH

Healthy Eating with the Y



MUFFIN TIN TOSTADAS

MAKES 6 SERVINGS

INGREDIENTS

- 12 (6 inches) corn tortillas warmed
- Cooking spray
- 2 cups leftover or rotisserie chicken, shredded*
- 1 cup salsa
- 1 can (16 ounces) refried beans
- 1 cup shredded cheddar cheese
- Add your favorite toppings such as: cilantro, sour cream, tomatoes, lettuce, avocado, etc.

TOOLS YOU'LL NEED

- Measuring cups
- Sauté pan
- 2 (6 cup) muffin tins

- Prep time: 10 min
- Cook time: 20 min
- Kid Friendly
- Gluten-Free
- Sugar Conscious

DIRECTIONS

1. Preheat oven to 425°.
2. Warm tortillas in a dry sauté pan.
3. Press warm tortillas into 12 muffin cups coated with cooking spray.
4. Spray tortillas with a light coating of cooking spray.
5. Bake until lightly browned for about 7 minutes.
6. Toss chicken with salsa.
7. Layer each cup with beans, chicken mixture, and cheese.
8. Place back in the oven and bake until heated through, about 10 minutes.
9. Serve with toppings as desired.

***Chef's Note:** Shredded pork or ground beef are other protein options, so you can use whatever you have on hand!

Nutritional Information (per serving)

Calories: 387
Total Fat 19g
Saturated Fat: 7g
Carbs: 36g
Sugar: 3g
Protein: 20g
Cholesterol: 54mg
Sodium: 764mg