

Turkey Tostadas



CHOICES
Steps Toward
Health

Serves 4

2 cups cooked turkey, cut into bite-size pieces, or 2 cups ground turkey, browned in skillet and drained
2 tablespoons chili or taco seasoning
1 1/2 cups water
4 corn tortillas
1/4 cup refried beans, low-fat or fat-free
1/4 cup Cheddar or Monterey jack cheese, shredded, low-fat
1/2 cup tomatoes, chopped
1/2 cup lettuce, shredded
2 tablespoons onions, chopped
1/2 cup taco sauce
Plain yogurt, low-fat or fat-free (optional)
Guacamole or mashed avocado (optional)

TIP: Turkey is lower in fat than beef.

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

Nutrition Facts: Serving size: 1 tostada; Calories 230; Fruits and Vegetables: 1; Fat: 4.5 g; Fiber: 4 g



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