



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHICKEN AND BLACK BEAN TOSTADA WITH AVOCADO CREAM

INGREDIENTS

For the Black Beans:

- 16 oz canned, reduced-sodium black beans (drained, rinsed)
- 1 Tbsp fresh cilantro or 1 tsp dried cilantro
- 1/2 tsp lime juice (fresh or from jar)
- 1/2 tsp vegetable oil

For the Chicken Tostada:

- 4 oz boneless, skinless rotisserie chicken (all visible fat discarded, shredded)
- 1/2 cup fresh or frozen corn (cut off cob) or 1/2 cup canned, no-salt-added corn (drained, rinsed)
- 1 clove fresh, minced garlic or 3/4 tsp jarred, minced garlic
- 1 Roma tomato (diced)
- 3 Tbsp red onion (diced)
- 1 small jalapeño pepper (seeded, diced)
- Black pepper (to taste)
- Fresh cilantro leaves
- 4 6-inch tostadas

For the Avocado Cream:

- 1 small avocado (pit removed), peeled
- 1/2 cup light sour cream
- 1/2 tsp honey
- 1 Tbsp fresh cilantro or 1 tsp dried cilantro
- 2 Tbsp water (cold)



DIRECTIONS

For the Black Beans:

- 1) Combine the beans, 1 tablespoon cilantro, 1/2 teaspoon lime juice and vegetable oil in food processor. Puree until smooth.

For the Avocado Cream:

- 1) Combine the avocado, sour cream, remaining lime juice, honey, remaining cilantro, and water in a mixing bowl or sealed plastic bag. Mash with back of spoon or by hand until mostly combined and creamy.

For the Chicken Tostada:

- 1) In a medium bowl, combine corn, garlic, tomato, onion, jalapeno and pepper, set aside.
- 2) On each tostada, spread about 2 tablespoons black beans to cover tostada, 1 oz. chicken, tomato-corn salsa and dollop of avocado cream.

NUTRITIONAL INFORMATION | 4 Servings

Calories: 280; Total Fat: 8g; Saturated Fat: 1 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 4.5 g; Cholesterol: 25 mg; Sodium: 199 mg; Total Carbohydrate: 37g; Dietary Fiber: 9g; Sugars: 6 g; Protein: 17g.