

Black Bean & Salmon Tostadas



Makes: 4 servings, 2 tostadas each

Active Time: 25 minutes

Total Time: 25 minutes

Ingredients:

- 8 6-inch corn tortillas
- Canola oil cooking spray
- 1 6- to 7-ounce can boneless, skinless wild Alaskan salmon, drained
- 1 avocado, diced
- 2 Tablespoons minced pickled jalapeños, plus 2 Tablespoons pickling juice from the jar, divided
- 2 cups coleslaw mix (see tip) or shredded cabbage
- 2 Tablespoons chopped cilantro
- 1 15-ounce can black beans, rinsed
- 3 Tablespoons reduced-fat sour cream
- 2 Tablespoons prepared salsa
- 2 scallions, chopped
- Lime wedges (optional)

Preparation:

1. Position racks in upper and lower thirds of the oven; preheat to 375°F.
2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.
3. Combine salmon, avocado and jalapeños in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.
4. To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.

Kitchen tip: Look for convenient pre-shredded cabbage-and-carrot “coleslaw mix” near other prepared vegetables in the produce section of the supermarket.

Nutrition:

Per serving: 319 calories; 11 g fat (2 g sat , 6 g mono); 16 mg cholesterol; 43 g carbohydrates; 0 g added sugars; 16 g protein; 12 g fiber; 352 mg sodium; 670 mg potassium.

Nutrition Bonus: Vitamin C (60% daily value), Folate (27% dv), Potassium (19% dv), Iron (18% dv), source of omega-3s.

Carbohydrate Servings: 2

