



Refried Bean Tostadas

Servings: 6

Cost Per Serving: \$ 0.75

Ingredients

- 6 (6 in.) flour or corn tortillas
- $\frac{3}{4}$ cup fat-free refried beans
- $\frac{3}{4}$ cup salsa
- 1 cup shredded cheddar cheese
- 1 tbsp. chopped cilantro (optional)
- 1 cup shredded romaine lettuce
- 2 tbsp. sour cream



Instructions

1. Preheat oven to 400° and line baking sheet with foil and bake tortillas for 8 minutes
2. Divide beans, salsa, and cheese evenly among tortillas
3. Return to oven until warmed through (7-10 minutes)
4. Top with cilantro, lettuce and sour cream

Flip over for Nutrition Information!



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Nutritional Information

Calories per Serving: 177

Fat: 8 g

Protein: 8 g

Carbohydrates: 20 g

Fiber: 3 g



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