



Cheeseburger Tostadas



1/2 of recipe (1 tostada): 180 calories, 5g total fat (2g sat. fat), 630mg sodium, 22g carbs, 4g fiber, 5g sugars, 11g protein

Prep: 10 minutes **Cook:** 25 minutes



Ingredients

Two 6-inch corn tortillas
1 meatless hamburger-style patty with 100 calories or less
1/2 cup chopped onion
2 slices 2% American cheese
1/2 cup shredded lettuce
1/4 cup chopped tomatoes
1 tsp. ketchup
1 tsp. mustard
1 tbsp. chopped pickles

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Lay tortillas flat on the sheet, and spray with nonstick spray.

Bake for 5 minutes.

Carefully flip tortillas, and bake until crispy, 3 - 5 minutes.

Bring a skillet sprayed with nonstick spray to medium heat. Cook burger patty for about 4 minutes per side, until cooked through.

Set burger aside to cool. Remove skillet from heat, re-spray, and bring to medium heat. Add onion, and cook and stir until softened, about 4 minutes.

Transfer onion to a medium microwave-safe bowl. Chop burger patty and tear cheese slices into pieces. Add both to the bowl. Microwave for 30 seconds, or until cheese has melted. Mix thoroughly.

Evenly top tortillas with lettuce, followed by burger mixture.

Top with remaining ingredients, and devour!

MAKES 2 SERVINGS

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