



Meatless Mexican Tostada



Entire recipe: 276 calories, 7.5g total fat (2.5g sat. fat), 643mg sodium, 34g carbs, 9g fiber, 3.5g sugars, 21.5g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

1 medium-large corn tortilla
1/2 cup frozen ground-beef-style meatless crumbles
1/4 tsp. taco seasoning (optional)
1/4 cup refried beans
1/2 cup shredded lettuce
1/4 cup chopped tomato
3 Tbsp. reduced-fat shredded Mexican blend cheese
Optional toppings: salsa, light sour cream, black olives

Directions

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

Place tortilla on the sheet, and spray with nonstick spray. Bake for 5 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add meatless crumbles and taco seasoning. (If using pre-seasoned crumbles, omit the seasoning.) Cook and stir until hot, about 3 minutes.

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

Evenly top with beans, lettuce, tomato, crumbles, and cheese.

MAKES 1 SERVING

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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