

YUMMY!

GOOD FOOD COMPANY

## Chicken Tostadas

- 2 cups Refried Beans (page 152) or canned refried beans
- Fresh Tomato Salsa (page 106)
- Lime-Cumin Dressing (recipe follows)
- Vegetable oil
- 4 flour tortillas (10-inch diameter) or 8 corn tortillas (6-inch diameter)
- 3 cups shredded cooked chicken
- 4 cups shredded iceberg lettuce
- 1 small carrot, shredded
- 1 cup (4 ounces) shredded mild Cheddar cheese, divided
- 1 large, firm-ripe avocado, pared, pitted, sliced
- 1/2 cup sour cream

1. Prepare Refried Beans, mashing coarsely.
2. Prepare Fresh Tomato Salsa and Lime-Cumin Dressing.
3. Preheat oven to 250°F. Heat 1 inch oil in deep, heavy, large skillet over medium-high heat to 375°F; adjust heat to maintain temperature. Line baking sheet with paper towels.
4. Fry tortillas, 1 at a time, in oil 1 minute or until crisp and light brown, turning once. Drain on paper towels. Keep warm in oven on prepared baking sheet.
5. Reheat beans, if necessary. Combine chicken, lettuce and carrot in large bowl. Add dressing; toss to mix.
6. To serve, place 1 flour or 2 corn tortillas on each plate. Spread beans to within 1/2 inch of edge of each tortilla. Sprinkle 1/4 cup cheese evenly over tostadas. Top with chicken mixture and avocado. Garnish with remaining cheese. Serve with Fresh Tomato Salsa and sour cream.

Makes 4 servings

### Lime-Cumin Dressing

- 2 tablespoons fresh lime juice
- 1/4 teaspoon grated lime peel
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 cup vegetable oil

Combine lime juice, lime peel, salt and cumin in small bowl. Gradually add oil, whisking continuously, until thoroughly blended. Store in refrigerator.

Makes about 1/2 cup



Step 4. Frying tortilla.



Step 6. Sprinkling cheese over tostada.



Lime-Cumin Dressing: Whisking oil into lime juice mixture.

