Gloria’s Tostadas

From the kitchen of Gloria Perez, Eagle Pass
Preparation time: 15-20 minutes
Number of servings: 12 tostadas

**Ingredients:**
- 12 corn tortillas
- 8 ounces mozzarella cheese, shredded
- 1 cup cooked beans, mashed (pinto or black beans)
- 2 cups lettuce, chopped
- 3 medium tomatoes, chopped

**Preparation:**
1. Preheat oven at 375°F. Dip each tortilla in water. Place tortillas in preheated oven for 5-10 minutes or until they are crispy. Watch them carefully because they can burn easily.
2. Spread about 1-2 tablespoons of cooked beans onto each tortilla. Add lettuce, tomato and cheese to each tortilla.

**Nutrition information per serving:**
- FAT: 25% of calories from fat (low)
- FIBER: 3 grams
- CALORIES: 135

**TIP**
For better health, don’t add fats like lard or bacon to beans. Bake or broil instead of frying.