

# 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.*