

# Turkey Tostadas

## Ingredients:

2 cups cooked turkey cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained  
2 tablespoons chili taco seasoning  
1½ cups water  
4 corn tortillas  
¼ cup low-fat or fat-free refried beans

¼ cup shredded, low-fat cheddar or Monterey Jack cheese  
½ cup chopped tomatoes  
½ cup shredded lettuce  
2 tablespoons chopped onions  
½ cup taco sauce  
Low-fat or fat-free plain yogurt (optional)  
Guacamole or mashed avocado (optional)

## Preparation:

1. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
2. Bring mixture to boil, reduce heat, and simmer 5 minutes, stirring occasionally.
3. Place tortillas on a cookie sheet. Bake at 375°F for 4–7 minutes or until tortillas are crispy.
4. Spread tortillas with a tablespoon of beans. Top with ¼ meat mixture and cheese.
5. Return tortillas to oven to cook for 2–3 minutes or until cheese is melted.
6. Top with tomatoes, lettuce, onions, and taco sauce. Garnish with yogurt or guacamole, if desired.

Yields 4 (1 tortilla) servings

Nutritional Information Per Serving: 240 calories, 26g protein, 21g carbohydrate (3g fiber), 4g fat, 50mg cholesterol, 420mg sodium

Source: U.S. Department of Agriculture

