



Turkey Tostadas

Yield: 4 servings

Ingredients

2 cups cooked turkey (cut into bite-size pieces) or 2 cups ground turkey (browned in a skillet and drained)
2 tablespoons taco seasoning (chili)
1 1/2 cups water
4 corn tortillas
1/4 cup refried beans (low-fat or fat-free)
1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
1/2 cup tomatoes (chopped)
1/2 cup lettuce (shredded)
2 tablespoons onion (chopped)
1/2 cup taco sauce
Plain yogurt (low-fat or fat-free optional)
Guacamole (or mashed avocado optional)



Directions:

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

Nutrition Facts: Calories, 220; Calories from fat, 35; Total fat, 4g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 50mg; Sodium, 420mg; Total Carbohydrate, 20g; Fiber, 3g; Protein, 26g; Vitamin A, 4%; Vitamin C, 6%; Calcium, 8%; Iron, 10%

Source: Snap-ed Recipe collection, www.recipefinder.nal.usda.gov



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