



Garlic Shrimp and Black Bean Tostada

INGREDIENTS: Per Serving...

2 toasted red chili corn tortillas
3 oz. shrimp, raw, chopped
1 tsp garlic, minced
1/3 cup black bean paste, (divide between 2 tostadas)
4 cups shredded lettuce mix (use iceberg as primary, add darker greens for color)
1/4 cup cilantro-lime sour cream dressing
2 Tbsp crumbled feta cheese
2 Tbsp thinly sliced green onion
2 tsp grated radish

PREPARATION:

- Heat oven to 350 degrees
- Place red chili, blue corn or other tortilla on a baking sheet, lightly spray-oil and place in hot oven for 10 minutes or until crispy, reserve
- Prepare black bean paste (see Cuban Black Beans recipe)
- Prepare lettuces and garnishes and reserve
- Prepare Cilantro-Lime Dressing and reserve

TO SERVE:

- Heat a medium skillet and lightly spray-oil, sauté shrimp with garlic for 1 minute (do not overcook)
- Place tortillas slightly overlapping on large dinner plate
- Spread with warm black beans
- Top with Shrimp
- Toss shredded greens with dressing and top shrimp
- Sprinkle with Feta, green onion and radish

Serving Size: Two tostadas
Calories: 350
Fat Grams: 10

