

Black Bean Tostadas

Servings: 2

RECIPE BOX

INGREDIENTS

4-6" SOFT TORTILLAS
OLIVE OIL
1/3 CUP BLACK BEANS
LETTUCE
1/4 CUP SHREDDED CHEESE
2 TBSP GUACAMOLE
1/4 AVOCADO



DIRECTIONS:

STEP 1: Drizzle tortillas with olive oil and toast in oven.

STEP 2: Top with remaining ingredients.

GF Use Gluten Free tortillas (corn tortillas work well!)

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 454, Total Fat 16g, Carbs 64g, Protein 14g, Fiber 4g, Sugars 1g.

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