

Spicy Black Bean Tostadas with Corn Salsa and Avocado

Makes: 4 servings



Total Time: 50 minutes

Ingredients:

- ♥ 4 small corn tortillas
- ♥ 1 ripe avocado, peeled and cut into slices
- ♥ 1 can black beans, no salt added
- ♥ ½ tsp. ground cumin
- ♥ 2 garlic cloves, crushed
- ♥ ½ tsp. red chili flakes
- ♥ 1 tbsp. fresh lemon juice
- ♥ 1 tsp. coconut oil

For salsa:

- ♥ 2 corn cobs
- ♥ 1 ripe tomato, finely diced
- ♥ 1 small onion, finely diced
- ♥ 2 limes, juice only
- ♥ ½ bunch fresh parsley, roughly chopped
- ♥ 1 tsp. extra virgin olive oil
- ♥ Garnish: green hot pepper slices, fresh parsley leaves

PREPARATION

Corn Salsa-

1. Grill corn cobs, remove kernels, and place in a medium bowl
2. Add remaining salsa ingredients to the bowl and toss to combine
3. Place prepared salsa in refrigerator to allow flavors to mend.

Tostadas-

1. Grill the tortillas until crisp, then set aside.
2. In a medium sauce pan heat the coconut oil over low heat. Add the garlic and fry for 30 seconds.
3. Add the black beans, red chili flakes, cumin and lemon juice and cook for an additional five minutes.
4. To assemble tostadas, divide the corn salsa and black beans evenly among the 4 grilled tortillas.
5. Top tostadas with avocado slices and garnish with fresh parsley or green pepper slices. Serve warm.

Nutrition Facts			
Serving Size: 1 tostada with 3.5oz corn salsa			
Servings: 1			
Amount Per Serving			
Calories	230	Calories from Fat 70	
% Daily Value*			
Total Fat	8g		13%
Saturated Fat	2g		9%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	34g		11%
Dietary Fiber	9g		37%
Sugars	less than 1g		
Protein	8g		
Vitamin A	6%	•	Vitamin C 15%
Calcium	10%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

