

Vegetarian Tostada

SERVINGS: 1 tostada



- 1/3 Cup cooked brown rice
- 1/3 Cup canned pinto beans, black beans, or red beans, rinsed and drained
- 1-1/2 Cups coarsely shredded mixed greens or fresh spinach
- 1/2 Cup chopped tomato
- 2 Tablespoons chopped onion
- 1 Tablespoon shredded carrot
- 1 Tablespoon sliced pitted ripe olives, halved
- 1 Tablespoon purchased salsa
- 1 Tablespoon light dairy sour cream
- 1/8 of a medium avocado, peeled and sliced (optional)

1. On a serving plate, layer rice and beans. Top with shredded greens, tomato, onion, carrot, olives, salsa, and sour cream. If desired, garnish with avocado slices. Makes 1 tostada.

Test Kitchen Tip: This recipe is easy and fun to serve a group. Set out bowls of the ingredients and let each person make his or her own "haystack."

Nutrition Facts Per Serving:

Servings: 1 tostada
Calories 264
Total Fat (g) 10
Saturated Fat (g) 1
Cholesterol (mg) 0
Sodium (mg) 438
Carbohydrate (g) 38
Fiber (g) 9
Protein (g) 10
Vitamin A (DV%) 0
Vitamin C (DV%) 0
Calcium (DV%) 0
Iron (DV%) 0

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