Corn, Avocado & Black Bean Tostadas

Servings: 2
From http://www.myrecipes.com/recipe/corn-avocado-tostadas-504000000111854/

Ingredients

(4) 6-inch corn tortillas
¼ teaspoon salt
1 15-oz. can black beans, drained and rinsed
1 ear corn, kernels removed
1 small ripe avocado, peeled, pitted and chopped
1 tablespoon finely chopped fresh cilantro
1 tablespoon olive oil
1 teaspoon lime juice
1/4 teaspoon crushed red pepper
1/4 cup shredded reduced-fat cheddar cheese

Preparation

1) Preheat oven to 350°F. Arrange tortillas on a baking sheet, mist with cooking spray and sprinkle with salt. Bake until beginning to crisp, 5 to 7 minutes.
2) While tortillas are toasting, combine beans, corn, avocado, cilantro, olive oil, lime juice and red pepperflakes in a large bowl. Top tortillas, still on baking sheet, with some bean and corn mixture. Sprinkle with cheese.
3) Turn oven to broil and broil tostadas until cheese has melted and is beginning to brown, 1 to 2 minutes. Serve immediately.