

Corn, Avocado & Black Bean Tostadas

Servings: 2

From <http://www.myrecipes.com/recipe/corn-avocado-tostadas-50400000111854/>

Ingredients

(4) 6-inch corn tortillas
1/4 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.