

Shrimp Tostadas

Servings: 2

Adapted from <http://paninihappy.com/grilled-shrimp-tostadas/>

Ingredients

Shrimp:

1/2 Tbsp vegetable oil

1/2 tsp lime juice

1/2 tsp chili powder

1/4 tsp ground cumin

1/4 tsp salt

1/2 lb shrimp, peeled and deveined

Mashed Black Beans:

1 tsp minced garlic

15 oz can black beans, rinsed and drained well

1 tsp water

Tostadas:

1 tsp vegetable oil

2 flour tortillas

1/2 cup reduced-fat shredded colby jack cheese

1 ripe medium avocado, pitted, peeled, and diced

Salsa

Preparation

- 1) In a medium bowl, stir together shrimp ingredients. Cover the bowl let the shrimp marinate in the refrigerator while you prepare the rest of the tostada.
- 2) Spray a large skillet with cooking spray and heat to medium heat. Add garlic and black beans; give the beans a rough mash with a potato masher (they should still be a bit chunky) and cook them for another minute or two until they're heated through. Take the pan off the heat and stir in water until the beans are spreadable. Partially cover the pan to keep them warm.
- 3) Heat a skillet to medium-high heat. Remove shrimp from the marinade (discarding the remaining marinade) and place them in the skillet. Cook until they are opaque and pink, about 5-6 minutes.
- 4) Heat another skillet to medium-high heat. Lightly brush a tortilla with vegetable oil and transfer it to pan. Sprinkle the tortilla with a little salt and cook until crisp, about 1-2 minutes per side; repeat with the other tortilla.

5) Spread half of the black bean mixture over each tortilla. Top each with shrimp, cheese, salsa, and avocado.