

Turkey Tostadas

a Lacey creation

5 WW points per tostada

1 package ground white turkey meat

1 package taco seasoning

1 can fat free refried beans

12 corn tostadas

2 cups reduced fat Mexican cheese

Pre-heat the oven to 350 degrees

In a skillet cook the ground turkey until no longer pink. Drain if there is any fat. Sometimes there isn't. Place turkey back in skillet and add the taco seasoning with 3/4 cup water. Leave on heat until heated through. Place the corn tostadas on a baking sheet. Heat the refried beans in a microwave safe bowl in the microwave for about 1 minute. This makes it easier to spread. Evenly distribute the beans onto the tostadas. Place 1/4 cup of the turkey mixture onto each tostada. Use 1/2 cup cheese for every three tostadas. Bake in the oven for about 10 minutes or until the cheese is melted. Serve with lettuce, tomato, salsa, or sour cream if desired. If you don't want to make up 12 at a time then don't. You can save the meat and beans for leftovers or freeze the meat for another time.

From Lacey at www.laceywithlove.blogspot.com