



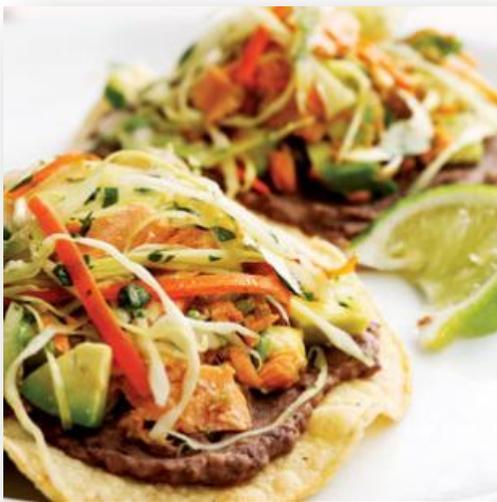
# Weekly Recipe Challenge



## Black Bean & Salmon Tostadas *(courtesy of EatingWell)*

*Pickled jalapeños, cilantro and avocado perk up convenient canned salmon for a quick tostada topping. Skip store-bought and make your own crispy shells in the oven. Serve with: Brown rice cooked with diced tomatoes and onions or salsa.*

**4 servings, 2 tostadas each** (2 Carbohydrate Serving) | **Active Time:** 25 minutes | **Total Time:** 25 minutes



### Ingredients

- 8, 6-inch corn tortillas
- Canola oil cooking spray
- 1, 6- to 7-ounce can boneless, skinless Alaskan salmon, drained
- 1 avocado, diced
- 2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided
- 2 cups coleslaw mix (see Tip) or shredded cabbage
- 2 tablespoons chopped cilantro
- 1 15-ounce can black beans, rinsed
- 3 tablespoons reduced-fat sour cream
- 2 tablespoons prepared salsa
- 2 scallions, chopped
- Lime wedges (optional)

**Tip:** Look for convenient preshredded cabbage-and-carrot "coleslaw mix" near other prepared vegetables in the produce section of the supermarket.

### Instructions

1. Position racks in upper and lower thirds of the oven; preheat to 375°F.
2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.
3. Combine salmon, avocado and jalapeños in a bowl.
4. Combine cabbage, cilantro and the pickling juice in another bowl.
5. Process black beans, sour cream, salsa and scallions in a food processor or blender until smooth.
6. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.
7. To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.

### Nutritional Information *(per serving)* Exchanges: 2 starch, 1 ½ lean meat, 1 ½ fat

- **Calories** 319
- **Carbohydrates** 43 (Fiber 12g)
- **Cholesterol** 16mg
- **Fat** 11g ( 2g Saturated Fat; 6g Monounsaturated)
- **Sodium** 352mg
- **Potassium** 670mg
- **Protein** 16g