

Ingredients for Tostada Salad:

For the tostada:

2 baked corn tortillas
2 tbsp refried beans
1/4 cup shredded cheese (such as Monterey Jack)

For the salad:

1 cup shredded cabbage
1 -2 tbsp chopped green onion
1/3 cup diced tomato
1/4 cup diced avocado
1 – 2 tbsp chopped cilantro

For the dressing:

1 tbsp rice vinegar or lime juice
1/2 tbsp olive oil
dash soy sauce

NOTE: For a creamier dressing, substitute mayonnaise for olive oil.

Directions:

1. **Prepare the tortillas.** Brush or spray corn tortillas with oil and lightly salt. Bake in a preheated 400 (F) oven for 8-10 minutes or until golden brown and crispy.
2. **Prepare the salad.** While the tortillas are baking, combine cabbage, green onion, tomato and cilantro in a bowl. Toss and add vinegar or lime juice, olive oil and dash of soy sauce. Toss again and add black pepper and avocado. Toss gently until combined.
3. **Build the salad.** Spread one tablespoon refried beans over baked corn tortilla. Top with shredded cheese and microwave (or return to oven) just until cheese is melted. Distribute tossed salad over tortillas. Enjoy immediately.

This recipe makes **two** starter/side salads or **one** entree salad.

