

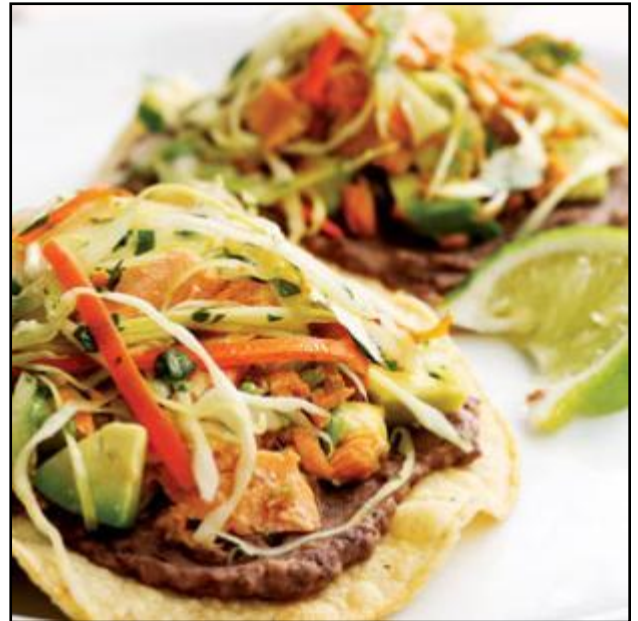
Black Bean & Salmon Tostadas

Pickled jalapeños, cilantro and avocado perk up convenient canned salmon for a quick tostada topping. You can use store-bought or 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 | 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 wild 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)



Preparation

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 (or just use store bought crisp tortillas).
3. Combine salmon, avocado and jalapeños in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.
4. 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.

Nutrition

Per serving :319 Calories; 11 g Fat; 2 g Sat; 6 g Mono; 16 mg Cholesterol; 43 g Carbohydrates; 16 g Protein; 12 g Fiber; 352 mg Sodium; 670 mg Potassium

Tips & Notes

- **Kitchen tip:** Look for convenient preshredded cabbage-and-carrot “coleslaw mix” near other prepared vegetables in the produce section of the supermarket.