

Chicken Tostadas

★★★★★

5 from 18 reviews

Easy Chicken Tostadas with simple ingredients in 20 minutes. Tostada is tasty, healthy and quick dinner if you make it at home.

- **Author:** Olena of ifoodreal.com
- **Prep Time:** 20 minutes
- **Cook Time:** 0 minutes
- **Total Time:** 20 minutes
- **Yield:** 8 tostadas
- **Category:** Dinner
- **Method:** Oven
- **Cuisine:** Mexican



Ingredients

SCALE

- 8 corn tortillas or tostada shells
- 3 medium tomatoes, diced
- 4 medium avocados, diced
- 3 tbsp red onion, finely chopped
- 1/4 cup cilantro, finely chopped
- 1 tsp cumin
- 1 tsp chili powder
- 3/4 tsp salt
- Lime, juice of
- 15 oz can black beans, drained & rinsed
- 3 cups shredded chicken
- 1/2 cup feta or Cotija cheese
- Cooking spray

Instructions

1. To make tostada shells, line large baking sheet with silicone mat and arrange tortillas in a single layer. Spray with cooking spray and sprinkle with salt on both sides. Bake at 400 degrees for 6 minutes per each side.
2. While tostadas are baking, make easy guacamole salsa by combining tomato, avocado, red onion, cilantro, cumin, chili powder, salt and lime juice. Get other ingredients ready.

3. To assemble tostadas, top each shell with guacamole, beans, chicken and cheese.

Notes

Store-bought tostadas shells are full of artificial colours and preservatives. I prefer to make my own but you can use pre-made.

Healthy brand of refried beans instead of black beans is welcome

Adjust salt in guacamole to taste depending on whether you use store-bought tostada shells, salted canned beans and store-bought or homemade chicken.

★ Did you make this recipe? Please give it a star rating in the comments.

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