

EASY TOSTADAS

Ingredients

- 1 lb. lean ground turkey
- 3 Tbsp. low-sodium taco seasoning
- 14.5 oz. can low-sodium refried beans
- 1/2 cup plain Greek yogurt
- 2 medium tomatoes (diced)
- 2 cups shredded lettuce
- 1/2 cup Cojita cheese
- 1 medium avocado (sliced)
- 1/4 cup cilantro (chopped)
- 1/2 cup salsa
- 8 whole wheat 8" tortillas

Instructions

1. **Preheat** the oven to 400°F. Heat a large skillet over medium heat and add **olive oil**.
2. Once oil is hot, add **ground turkey** and cook until browned, about 7-8 minutes. Stir in **taco seasoning** and a few tablespoons of **water** and cook for 2-3 minutes.
3. While turkey is cooking, add **refried beans** and **Greek yogurt** to a small skillet and heat on medium-low heat until warmed through, stirring occasionally to combine and prevent burning.
4. Once the oven is preheated, place the **tortillas** flat on a sheet pan and place in oven. Cook for 4-6 minutes, flipping halfway through. Once they are toasted, remove from oven and use tongs to transfer tortillas to a plate.
5. When turkey is cooked through and beans are warmed, remove from heat.
6. Use a spoon to spread the **refried beans** mixture on top of a tortilla. Then layer on **ground turkey**, **lettuce**, **tomato**, **cheese**, **avocado**, **cilantro** and **salsa**. Enjoy!

