



Loaded Tostadas

1 serving

15 minutes

Ingredients

- 2 Corn Tortilla
- 1/4 can Refried Beans
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Salsa
- 2 tbsps Guacamole
- 2 tbsps Plain Greek Yogurt
- 1 stalk Green Onion (sliced)
- 1/2 cup Microgreens

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Lay the tortillas on the prepared baking sheet. Divide the beans equally among the tortillas.
- 3 Top each tortilla with equal parts of the crumbled feta cheese and bake for 10 minutes.
- 4 Remove from the oven. Top with the salsa, guacamole, and yogurt. Add green onions and microgreens. Enjoy!

Notes

Leftovers: This recipe is best enjoyed fresh but can be refrigerated in an airtight container for up to two days.

Serving Size: One serving is equal to two tostadas. A 1/4 can of refried beans is approximately 1/2 cup.

Make it Vegan: Omit or swap the feta and the yogurt for vegan cheese and yogurt of your choice.

More Flavor: Add scrambled eggs and vegetables like bell peppers and fresh tomatoes.

Additional Toppings: Chopped cilantro, lime juice.

Dairy-Free: Omit the yogurt and cheese or swap for dairy-free option.