



Chicken Tostadas with Sour Cream Taco Sauce

–by Paula Hendricks, Nutrition Consultant



Our family loves Mexican food, especially chicken tostadas with a little spice. We do make these with a low-carb flour tortilla but you can top the ingredients over some refried beans, a corn tortilla or for those of you on the VLCD, over shredded lettuce. Each tostada has approximately 40 grams of protein per serving with the tortilla (no beans).

Ingredients:

- Four 4-ounce chicken breasts, boneless
- 2 whole lemons
- 2 garlic cloves, minced
- One package taco seasoning
- 1 cup reduced fat Mexican-style cheese, shredded
- One small avocado, diced
- One 8 oz can Ortega chiles, diced (or 2 fresh roasted Pasilla chilies, seeds removed)
- One head Romaine lettuce, shredded
- Four low-carb tortillas, Mission brand, fajita-size
- Jalapeno peppers, sliced
- 1/2 cup fresh cilantro leaves
- 1/2 cup light sour cream
- Salsa for garnish
- Optional – one cup refried beans

Instructions:

1. Marinate chicken breasts in juice of one whole lemon, garlic, and 3/4 of the package of the taco seasoning for about 30 minutes.
2. If using fresh chilies, broil in the oven or roast on grill until the skin becomes black. Cool and peel.
3. Cook chicken in a non-stick skillet for about 10 minutes, 5 minutes on each side, until cooked.
4. While chicken is cooking, wash and shred the lettuce, dice the avocado, dice the roasted chilies, slice the other lemon for garnish, and chop cilantro.
5. Mix the sour cream with the remaining taco seasoning. Keep chilled.
6. When chicken is cooked, removed from pan and slice each breast into long strips (or dice if desired).
7. Heat the tortillas and beans (if using).

Assembly:

Place a tortilla on each plate. Add 1/4 cup of beans to each tortilla. Next, add the lettuce, chilies, avocado, sliced chicken, jalapeno and cilantro. Sprinkle 1/4 cup of cheese and drizzle a little sour cream over each tostada. Serve with a side of salsa. Enjoy.