

## Turkey Tostadas

### Ingredients:

- 2 c. cooked turkey, cut into bite-size pieces
- 2 Tbsp. taco seasoning
- 1 1/2 c. water
- 4 corn tortillas
- 1/4 c. refried beans, low-fat or fat-free
- 1/4 c. cheddar or Monterey Jack cheese, shredded, low-fat
- 1/2 c. tomatoes, chopped
- 1/2 c. lettuce, shredded
- 2 Tbsp. onions, chopped
- 1/2 c. taco sauce
- Optional toppings: low-fat or nonfat plain yogurt or guacamole

### Directions:

- Wash and prepare the vegetables. In a large skillet over medium heat, combine turkey, taco seasoning and water. Bring mixture to boil, reduce heat and simmer for five minutes, stirring occasionally. Place tortillas on a cookie sheet. Bake at 375 F for four to seven minutes or until tortillas are crispy

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SERVICE

### Directions continued:

- Spread tortillas with a tablespoon of beans. Top with one-quarter of the meat mixture and cheese. Return tortillas to oven to cook for two to three minutes or until the cheese is melted. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

*Makes four servings. Per Serving: 240 calories, 4 grams (g) of fat, 21 g of carbohydrate and 420 milligrams of sodium.*

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