

# BAKED TOSTADAS

Serves: 4  
Prep Time: 15min

## Ingredients:

- 4 whole wheat tortillas, fajita-size
- 1 tablespoon olive oil
- ¼ teaspoon no-salt chili powder (optional)
- 1, 15oz can vegetarian, low-sodium refried beans
- Toppings: shredded lettuce, shredded low-fat cheddar cheese, diced tomatoes, diced avocados, salsa

## Directions

- Preheat oven to 400 degrees.
- Lay tortillas on a baking sheet and lightly brush both sides with oil.
- If desired, sprinkle with chili powder. Bake in oven until crisped, 8-10 minutes.
- Meanwhile, heat the beans in a small pot over medium heat.
- When the tortillas are crisped, divided the hot beans between the four.
- Garnish with desired toppings and serve immediately.



The Mickey Check is a tool that makes it easier to identify nutritious choices in stores, online and while on vacation at Walt Disney Parks and Resorts. To learn more, visit [DisneyMickeyCheck.com](http://DisneyMickeyCheck.com)

ALWAYS wash fruits and veggies when preparing for cooking or eating.  
When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

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