



## Black Bean & Mango Tostada

<u>U.S.</u>		<u>Metric</u>
3/4 cup	Black Beans, cooked, drained	178 g
1 medium	Mango, peeled, sliced into thin strips (julienne)	336 g
1 medium	Jalapeno, minced	14 g
1 medium	Red Bell Pepper, sliced into thin strips (julienne)	119 g
1 tbsp	Lime, juiced	15 mL
1/4 tsp	Salt	1.25 g
1/8 tsp	Black Pepper	0.6 g
5 small	Corn Tortillas, cut in half	5 small
As needed	Cooking Spray	As needed
1 cup	Romaine Lettuce, shredded	47 g

### Preparation:

1. Gather all the ingredients and equipment.
2. Preheat oven to 400°F / 200°F.
3. In a large bowl, combine all ingredients excluding the corn tortillas, lettuce, and pan spray.
4. Cover and chill for at least one hour.
5. On a sheet pan, spray corn tortillas with pan spray and sprinkle with salt and pepper and bake for about 5 minutes or until golden.
6. Place shredded lettuce on bottom of crisp tortillas and top with salsa. Enjoy!

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### Nutrition Facts

<b>Serving size</b>	<b>1/2 cup salsa, 2 half tortilas</b>
<b>Servings</b>	<b>5</b>
<b>Calories</b>	175
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	321 mg
Carbohydrates	36 g
Dietary Fiber	6 g
Sugars	4 g
Protein	6 g
Vitamin A	40 %
Calcium	0 %
Vitamin C	1 %
Iron	0 %
Phosphorus	34 mg

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