

Black Bean and Goat Cheese Tostadas

PREP TIME: 10 minutes

COOK TIME: 20 minutes

A fresh squeeze of lime gives a tasty, tart balance to garlicky beans in this Mexican-inspired dish. Black soybeans are packed with protein and are available in most health food markets. If you can't find them, use regular black beans.

- 4 (8-inch) whole-wheat tortillas
- 2 teaspoons extra-virgin olive oil
- 1 large garlic clove, minced
- 1 (15-ounce) can black soybeans, rinsed and drained
- 4 ounces reduced-fat goat cheese, crumbled ($\frac{3}{4}$ cup)
- $\frac{1}{2}$ (1-pound) head romaine lettuce, chopped (4 cups)
- 2 medium tomatoes, diced
- 3 scallions, thinly sliced
- 1 lime, quartered
- Salt and freshly ground black pepper

Heat oven to 400°F.

Lightly spray tortillas with cooking spray and place, slightly overlapping, on a baking sheet. Bake until lightly puffed and browned, about 10 minutes. Set aside to cool.

While tortillas are toasting, heat oil in a medium saucepan over medium heat. Add garlic and cook until softened, about 1 minute. Stir in beans and heat until warmed through. Season with salt and pepper and remove from heat.

With tortillas still on the baking sheet, top with beans and cheese; bake until cheese is melted, about 5 minutes. Remove from the oven and top with lettuce, tomatoes, and scallions. Squeeze lime over top and serve hot.

Makes 4 servings

NUTRITION AT A GLANCE

Per serving: 290 calories, 10 g fat, 2.5 g saturated fat, 13 g protein, 35 g carbohydrate, 7 g dietary fiber, 380 mg sodium