



Chicken and Black Bean Tostada

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

349 calories

10.8 g fat

600 mg sodium



INGREDIENTS: **** Items not included in kit**

- 3/4 cup jicama, diced
- 6 oz. purple cabbage, shredded
- 1/3 cup red onion, diced
- 1/4 cup fresh cilantro, chopped
- 2 limes, cut in half and squeezed for juice
- Salt & black pepper, to taste**
- 1.5 TB Tostadas Spice Blend (2 tsp chili powder & 2 tsp dried oregano)
- 1.5 lbs. cubed chicken
- 1 TB olive oil**
- 1 TB chipotle in adobo sauce
- 1 (15-ounce) can black beans, rinsed and drained
- 12 corn tortillas

DIRECTIONS:

1. Preheat oven to 400 degrees. Wash and prep vegetables as listed in ingredients.
2. Cabbage Slaw: Combine **diced jicama, shredded cabbage, diced red onions, 1/4 cup chopped cilantro, juice from 1 lime and 1/8 tsp salt & 1/8 tsp black pepper** in a bowl. Toss to combine and set aside.
3. Toss the **chicken** with a pinch of **salt & black pepper** to taste and the **Tostadas Spice Blend** until evenly coated.
4. Heat a large skillet over medium-high heat. Add **1 TB olive oil**; swirl to coat. Add seasoned **chicken** to the pan; cook until chicken is cooked through.
5. Black Beans: In a microwavable safe bowl, combine the **juice from 1/2 lime, chipotle adobo sauce (use amount based on your desired spice/heat preference)**, and drained & rinsed can of **black beans**. Cover with plastic wrap; microwave on HIGH 90 seconds or until thoroughly heated. Mash **bean mixture** with a fork.
6. To make the tostadas: Brush the **corn tortillas** lightly with **olive oil** and sprinkle with salt (optional). Bake the **tortillas** on a baking sheet in a preheated 400 degree oven for approximately 4 minutes per side, or until they are crispy and golden on each side .
7. To assemble, spread **black bean mixture** evenly over **tostadas**. Top with **chicken** and **cabbage mixture**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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