NOURISHING YOU - Tostadas de Pollo
(Chicken Tostadas)

Recipe Modified by Ernesto Zepeda

Whether you need a side dish or enough food for a crowd, tostadas are a delicious appetizer that are easy to customize and provide a balanced meal.

The word “Tostada” is Spanish for “toasted” as it is served on a toasted or deep-fried corn tortilla. The actual tostada (the toasted corn tortilla) is the base of the recipe and is topped with refried beans, cheese, meat, lettuce, and other toppings.

Ingredients

- **Tostada shells**: make your own (see directions below) or grab store-bought tostadas
- **Refried Beans**: pinto or black refried beans
- **Meat**: cooked shredded chicken (rotisserie chicken works great!)
- **Lettuce**: shredded very thinly
- **Avocado**: ripe, thinly sliced or chopped, or substitute guacamole
- **Cheese**: Queso Fresco Mexican cheese is traditionally used, but any type of finely shredded cheese is fine
- **Sour cream** or Mexican crema
• Pico de gallo, salsa, or salsa verde

How to make your own tostada shells

Baked Tostada Shells:

1. Spray corn tortillas on both sides with oil-based cooking spray.
2. Lay the tortillas in a single layer on top of a greased sheet pan. Lightly sprinkle salt on the tortillas.
3. Bake them at 400°F for 5 minutes. Then flip them over and bake them for an additional 5-10 minutes, or until the tortillas are crispy.

Fried Tostada Shells:

1. Heat about ¼ inch of vegetable oil in a medium, deep skillet.
2. Once the oil is hot, place one corn tortilla at a time in the oil and cook, flipping halfway once it’s lightly golden brown.
3. Place the fried tostada on a paper towel to soak up the extra oil.
4. Lightly sprinkle with salt and allow to cool before serving.

Store-bought Tostada Shells:

You can find pre-made tostada shells (Usually fried) at almost any grocery store near where you might buy hard taco shells.

How to assemble the tostadas

1. Bake or fry the corn tortillas, if not using store bought tostada shells.
2. Cook chicken breast, using your preferred method (e.g., boil, bake, pressure cook). Once cooked, then shred the chicken.
3. Warm refried beans. Add the refried beans to a microwave safe bowl, or a small skillet over medium heat. Cook until warmed through.
4. Assemble the tostadas. Spread a thin layer of refried beans over the tostada shell (they help keep the rest of the ingredients in place). Top with a spoonful of shredded chicken, then lettuce, avocado, cheese, salsa, and sour cream. The order of the ingredients after the chicken is for you to play with as they create a layered festival of flavor!
5. Eat, repeat. Place the beans and chicken in separate bowls in the middle of the table, as well as all the toppings, and have everyone create their own tostada by selecting their preferred toppings.
**To make ahead:** Have everything prepped and stored separately in the fridge. When ready to eat, warm the chicken and beans and assemble the tostadas.

Source: Taste Better from Scratch Tostada Recipe