

Black Bean Tostadas

Adapted from Better Homes and Gardens 2009 Quick & Easy Recipes

Serves 2-3

6 (6-inch) corn tortillas
4 teaspoons olive oil
2/3 cup chopped white onion
1 fresh jalapeño pepper, seeded and finely chopped*
1 large clove garlic, minced
1/4 teaspoon chile powder
1/4 teaspoon paprika
1/4 teaspoon cumin
1 (15 ounce) can no salt added or low sodium black beans, rinsed and drained**
1 large tomato, chopped
6 ounces Monterey Jack, cheddar, or mozzarella cheese, shredded
2 tablespoons chopped fresh cilantro

Preheat the oven to 425 degrees. Place tortillas on an ungreased baking sheet. Lightly brush all six tortillas on both sides with one teaspoon of the olive oil. (Do not use too much olive oil or the tortillas won't get crispy enough.) Bake about 4-5 minutes on each side or until light brown and crisp. (It's important to make sure they get crispy and are not still soft.)

In a large skillet, cook onion, jalapeño pepper, and garlic in the remaining 3 teaspoons olive oil over medium-high heat until onion is tender. Stir in chile powder, paprika, and cumin. Add black beans and tomato, heat through.

Sprinkle tortillas with half of the cheese. Spoon bean mixture over cheese. Sprinkle with remaining cheese. Bake about 4 minutes or until cheese melts. Sprinkle with cilantro.

*Please don't make the mistake I made a few years ago when I thought my hands were immune to the burning innards of the jalapeño pepper. Wear plastic or rubber gloves while you seed and chop it. Or do what I do and make your husband seed and chop it for you. Trust me, I tried just about everything that day to relieve my burning hands. The only thing I found that worked was to drink enough wine to put me to sleep.

**My favorite canned beans are by Eden Organic. They only have 15 mg of sodium per each 1/2 cup serving. Take a look at the label next time you buy a can of beans. It's insane how much sodium you consume if you don't pay attention to the label. I've been able to find them at Whole Foods, Central Market, and H-E-B.

<http://countrygirlinthecity.com>