

Chicken and Summer Vegetable Tostadas

MG Newsletter, Julie Hyske

Ingredients

3 tsp canola oil
1 tsp ground cumin
¼ tsp kosher salt
¼ tsp black pepper
12 ounces chicken breast tenders
1 cup chopped red onion (about 1)
1 cup fresh corn kernels (about 2 ears)
1 cup chopped zucchini
½ cup salsa verde
3 tbsp chopped fresh cilantro, divided
4 (8-inch) fat-free flour tortillas

Cooking spray

4 ounces Monterey Jack cheese, shredded (about 1 cup)

Preheat broiler. Combine the cumin, salt and pepper stirring well. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle the spice mixture evenly over chicken. Add chicken to pan; sauté for 3 minutes. Add onion, corn, and zucchini to pan; sauté for 3 minutes or until chicken is done. Stir in salsa and 2 table-spoons Cilantro. Cook 2 minutes or until liquid almost evaporates, stirring frequently. Working with 2 tortillas at a time, arrange tortillas in a single layer on a baking sheet; lightly coat tortillas with cooking spray. Broil 2 minutes or until lightly browned. Spoon about ¾ cup chicken mixture in the center of each tortilla; sprinkle each serving with ¼ cup cheese. Broil an additional 2 minutes or until cheese melts.

