



MEXICAN ROTISSERIE CHICKEN TOSTADAS

June 2

National Rotisserie Chicken Day




INGREDIENTS

- 8 Tortilla, Soft, Corn (about 5 ½"; enriched or whole grain-rich)
- 1 Tablespoon Cooking Oil
- 15¼ Ounce Can Corn, canned Whole kernel, Liquid pack (drained)
- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Cup Salsa, canned (all vegetable ingredients plus a minor amount of spices)
- 2 Tablespoons Taco Seasoning Mix
- 15½ Ounce Can Black Beans, Whole (rinsed and drained)
- 2 Cups Shredded Colby Jack Cheese
- Fresh Cilantro Leaves (optional)
- Tomatoes (optional)

DIRECTIONS

1. Preheat your oven to 450°. Lay the tortillas on a rimmed baking sheet. Brush the tortillas with canola oil, ensuring a thin, even coat so the entire side appears shiny without pooling. Flip them and repeat the brushing on the other side. Bake the tortillas for 10 minutes, flipping them halfway through and rotating the pan for even cooking. Keep an eye on the tortillas by checking them every 2 to 3 minutes to prevent burning, as baking times may vary depending on your oven and pans.
2. While the tortillas are baking, place a medium to large saucepan over medium heat. Combine the chicken, salsa, taco seasoning, corn, and black beans in the saucepan. Cook the mixture, stirring occasionally, until it is heated through, which should take about 5 minutes.
3. Once the tortillas are baked, remove them from the oven. Add ½ cup of the chicken mixture to the top of each tortilla. Then, top each tortilla with ¼ cup of cheese. Place the loaded tortillas back in the oven and bake for an additional 5 minutes, or until the cheese is completely melted and bubbly.
4. After baking, remove the tortillas from the oven. Top them with fresh cilantro leaves and diced tomatoes for garnish. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

8 Tostadas

PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|-----------|-----------|-------------|-------------|
| ¾ Tostada | 1 Tostada | 1½ Tostadas | 2½ Tostadas |