

Sardine Tostado & Avocado Salsa

Yield: 4 servings

Ingredients

2 cans (3.75 oz./106 g per can) sardines with hot Tabasco peppers, drained
4 corn tortillas, medium size
1 cup (240 mL) lettuce, shredded
3/4 cup (175 mL) Monterey Jack cheese, shredded
2 ripe plum tomatoes, diced
Avocado Salsa (recipe below)
1/4 cup (60 mL) light sour cream
sprigs of cilantro

Optional ingredients: chopped red onion, sweet Bell peppers, refried beans.

Avocado Salsa

1 small ripe avocado
1/3 cup onion, finely chopped
2 Tbsp. cilantro, chopped (optional)
1/2 jalapeño pepper, seeds removed, minced
1 Tbsp. lemon juice
salt

In a small bowl, mash the avocado slightly with a fork. Add onion, cilantro, jalapeño, and lemon juice. Stir to combine. Season with salt to taste.

Preparation

Heat the oven to 250°F.

Place the tortillas directly on the oven rack and toast for 4 to 5 minutes or until crisp.

Layer the lettuce, cheese, tomatoes, and Avocado Salsa on each tortilla, dividing equally.

Top with the sardines and a small dollop of sour cream. Garnish with cilantro.

PER SERVING (1 tostado)

(approximate values)

Calories: 350
Calcium: 465 mg
Vitamin D: 150 IU