



Cooking Light

## Chicken & Summer Vegetable Tostadas

**Yield:** 4 servings

### Ingredients

- 2 teaspoons canola oil
- 1 teaspoon ground cumin
- 1/4 teaspoon kosher salt
- 1/4 teaspoon 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
- 1/2 cup salsa verde
- 3 tablespoons chopped fresh cilantro, divided
- 4 (8-inch) fat-free flour tortillas
- Cooking spray
- 3 ounces Monterey Jack cheese, shredded (about 3/4 cup)

### Preparation

Preheat broiler.

Combine first 3 ingredients, 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 2 minutes or until chicken is done. Stir in salsa and 2 tablespoons 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 3 minutes or until lightly browned. Spoon about 3/4 cup chicken mixture in the center of each tortilla; sprinkle each serving with 1/4 cup cheese. Broil an additional 2 minutes or until cheese melts. Repeat procedure with remaining tortillas, chicken mixture, and cheese. Sprinkle each serving with about 3/4 teaspoon of remaining cilantro. Serve immediately.

### Nutritional Information

**Amount per serving** Calories 371, Fat 11 g, Saturated Fat 4.6 g, Protein 30.8 g, Carbohydrate 36.4 g

#### Reasons to Make this Recipe:

- ✓ Summer twist on taco night
- ✓ Great servings of vegetables.
- ✓ Chicken serves as a lean protein source