

## **Tostadas**

Serves 6-8

### **Ingredients**

4 whole wheat tortillas  
1 can refried beans  
1 c. salsa  
1 c. shredded soy cheese or low fat cheese  
2 c. shredded Romaine lettuce  
4T. soy sour cream or low fat sour cream

### **Preparation**

Crisp the tortillas in the oven allow to bake about 5 minutes at 350. Remove from the oven and spread with refried beans, top with salsa and soy cheese. Place back in the oven for 10 minutes or until the cheese melts. Remove and top with lettuce and sour cream. Cut into 1/4ths and serve.