

Black Bean Tostadas with Pineapple Salsa

Hands-on: 12 min | Total: 12 min | Serves: 2 (2 tostadas each)

Ingredients

- 1 cup chopped fresh pineapple
- 1/4 cup chopped red onion
- 2 Tbsp. chopped fresh cilantro
- 1 Tbsp. fresh lime juice
- 1 (15-oz.) can no-salt-added black beans, undrained
- 2 tsp. hot sauce
- 2 tsp. olive oil
- 1/4 tsp. kosher salt
- 4 corn tostada shells
- 1 oz. queso fresco (fresh Mexican cheese), crumbled (about 2 Tbsp.)

Instructions

1. Stir together pineapple, red onion, cilantro, and lime juice in a small bowl. Set aside.
2. Heat a large nonstick skillet over medium. Add beans, hot sauce, oil, and salt; cook, stirring often and mashing beans, until thickened, about 4 minutes.
3. Spread 1/4 cup black bean mixture on each tostada shell; top with pineapple mixture, and sprinkle with queso fresco.

Nutrition per serving (2 tostadas)

Calories: 404 | Fat: 15g (sat 4g, unsat 10g) | Protein: 16g | Carb: 56g | Fiber: 13g | Sugars: 10g | Sodium: 574mg