Tostadas

Ingredients:
1 cup masa harina mix (corn tortilla mix)
¾ cup + 2 tablespoons water
1 small can nonfat refried beans (16 ounces)
4 ounces reduced-fat cheddar cheese, shredded
2 cups red leaf lettuce, chopped
1 cup salsa

Directions:
1. Wash hands thoroughly.
2. Mix masa harina mix with water.
3. Stir until water is absorbed and mixture is sticky. Add more water if needed.
4. Separate into 8 equal balls, about the size of a large golf ball.
5. Make a tortilla by flattening out each ball between wax paper or with hands.
6. Place tortilla into very hot skillet, cooking each side twice for about 30 seconds each time. Place tortillas on a broiler pan in a single layer as they are finished.
7. Once all tortillas are on the pan, place broiler pan in the oven and set to broil.
8. Flip tortillas every minute or so until crispy (about 10 minutes).
9. Layer each tostada shell evenly with beans, cheese, lettuce, and salsa.
10. Enjoy.

Yields about 8 servings

Source: Eat Fit (University of California Cooperative Extension)