

Recipe of the week

CHILI TOSTADAS

Preparation time: 45 minutes

Calories: 421 (approx)



Ingredients

- Ideal Protein Maple Oatmeal (preferably sweetened)
- 1 Ideal Protein Vegetable Chili Mix
- 1/4 tsp baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- 1/4 teaspoon of dried Mexican herbs (i.e. coriander, basil, oregano, dried peppers, garlic and crushed cumin (for a nice smoky flavor))
- Shredded lettuce
- 1 tsp shredded fresh cilantro
- 1 tbsp fresh tomatoes or fresh salsa
- Chopped onion (raw)/ green onion
- Fresh lime

Directions

1. Preheat the oven at 350° F
2. Blend the contents of the oatmeal and chili together with the baking powder, baking soda, hot water, virgin olive oil and herbs together until all the water is absorbed
3. Make sure the dry ingredients are equally distributed
4. Rub fresh garlic directly onto a non-stick baking sheet
5. Spoon mixture into two tostadas
6. Bake at 350° F for 15 minutes
7. Remove from the oven
8. Garnish with shredded lettuce, cilantro, tomatoes, chopped onion/ green onions
9. Sprinkle some fresh lime
10. Serve while still hot and enjoy

