

CRAB-AVOCADO MINI TOSTADAS

Serves 4

Ingredients

20 Laurie's Buffalo Gourmet Thick and Hearty Toasted Corn chips

1, 6-ounce can Bumble Bee crab meat, drained

1/4 cup plus 3 Tbsp salsa

1/4 cup plus 3 Tbsp reduced fat shredded Mexican blend cheese

1/4 cup plus 3 Tbsp Fage 0% plain Greek yogurt

1/2 avocado, smashed



Cooking Instructions

Combine crab and salsa in a bowl. Place a tablespoon of crab mixture onto each of the corn chips. Top with one teaspoon of cheese and place chips on a baking sheet under a medium broiler for 2 minutes until cheese is melted. Remove from broiler and top each chip with one teaspoon of avocado and one teaspoon of yogurt.

Nutrition information: Per 1/4 recipe (5 mini tostadas)

Calories: 164, fat: 8.5g, saturated fat: 2.3mg, protein: 13.5g, carbohydrate: 10g, cholesterol: 36mg, sodium: 280mg, sugar: 1.9g, calcium 180 (18% DV)