

# Chicken Tostadas

prep time: 10 minutes

cooking time: 7 minutes

serves: 1



## Ingredients:

- 45g cheddar cheese
- 114g chicken cooked & chopped
- 90g mixed salad greens
- 35g pitted olives
- 56g sour cream
- 75g diced red bell pepper
- 75g avocado

## Method:

1. Preheat oven to 400F° (200°C) and line a baking sheet with parchment paper.
2. Spread cheese on lined sheet, in a circular shape.
3. Bake in preheated oven for 5-7 minutes until melted and crisp.
4. Allow cheese to cool enough to handle and remove from sheet. Allow to sit and harden a few more minutes.
5. Spread avocado on cheese "tostada", sprinkle with shredded lettuce and top with cooked chicken. Top with remaining ingredients.