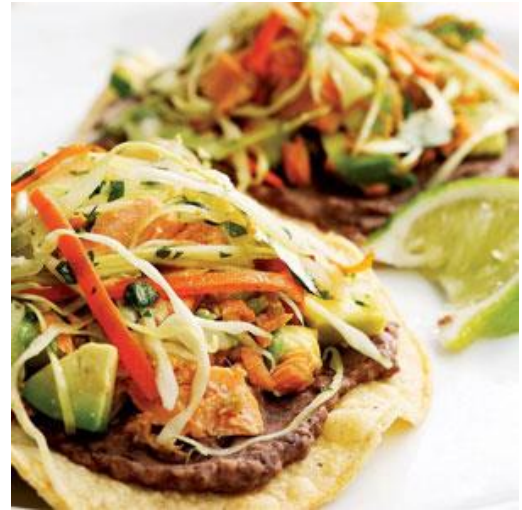


Black Bean & Salmon Tostadas

Prep Time: 25 m | Total Time: 25 m

INGREDIENTS

- (8) 6-inch corn tortillas
- Canola oil cooking spray
- (1) 6- to 7-ounce can boneless, skinless wild Alaskan salmon, drained
- 1 avocado, diced
- 2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided
- 2 cups coleslaw mix (see Tip) or shredded cabbage
- 2 tablespoons chopped cilantro
- (1) 15-ounce can black beans, rinsed
- 3 tablespoons reduced-fat sour cream
- 2 tablespoons prepared salsa
- 2 scallions, chopped
- Lime wedges (optional)



DIRECTIONS

1. Position racks in upper and lower thirds of the oven; preheat to 375°F.
2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets.
3. Bake, turning once, until light brown, 12 to 14 minutes.
4. Combine salmon, avocado and jalapenos in a bowl.
5. Combine cabbage, cilantro and the pickling juice in another bowl.
6. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl.
7. Cover and microwave on High until hot, about 2 minutes.
8. To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad.
9. Serve with lime wedges, if desired.

*recipe via [Eating Well](#).