Chicken Tortas

**Ingredients**

- 4 bolillos (Mexican rolls) or soft French rolls
- 2 cups cooked, shredded chicken
- 1 can refried or black beans
- 1/2 cup shredded cheese
- Toppings: salsa, sour cream, tomato avocados (or guacamole), and shredded lettuce

**Directions**

1. Microwave the split rolls a few seconds, and then pull the doughy centers out of the top and the bottom.
2. Put the beans in a microwave safe bowl and heat in the microwave, spread 1/4 of beans on each bottom bun. Sprinkle with cheese.
3. Place warm, cooked chicken on top of the cheese; then top with sliced tomatoes, sour cream, salsa, sliced avocado and shredded lettuce. Put on top bun, and enjoy!

Makes 4 servings

**Nutrition information per serving**

- 326 calories
- 7.4g fat
- 3.1g saturated fat
- 18mg cholesterol
- 804mg sodium
- 49.8g carbohydrates
- 7.7g fiber
- 15g protein