

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*