



Greek Salad Tostada



Entire recipe: 330 calories, 7.5g total fat (2.5g sat fat), 716mg sodium, 37g carbs, 8.5g fiber, 8g sugars, 35g protein

Freestyle™ [SmartPoints®](#) value 5*

Prep: 10 minutes **Cook:** 10 minutes



Ingredients

1 medium-large high-fiber flour tortilla with 110 calories or less
2 tbsp. fat-free plain Greek yogurt
Drop lemon juice
Dash black pepper
Dash dried oregano
3 oz. cooked and chopped skinless chicken breast
3/4 cup chopped cucumber
1/4 cup chopped red onion
1/2 cup shredded lettuce
1/2 cup halved cherry tomatoes
2 tbsp. crumbled reduced-fat feta cheese
1 tbsp. canned sliced black olives, drained

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Lay tortilla on the sheet, and bake until slightly crispy, about 5 minutes.

Meanwhile, in a medium bowl, mix yogurt, lemon juice, pepper, and oregano. Add chicken, cucumber, and onion, and stir to coat.

Flip tortilla. Bake until crispy, about 3 minutes.

Top with lettuce, tomatoes, chicken mixture, feta cheese, and olives.

MAKES 1 SERVING

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.