



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

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

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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

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