



Meatless Mexican Tostada



Entire recipe: 276 calories, 7.5g total fat (2.5g sat fat), 643mg sodium, 34g carbs, 9g fiber, 3.5g sugars, 21.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Prep: 5 minutes **Cook:** 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)

Ingredients

1 medium-large corn tortilla
1/2 cup frozen ground-beef-style meatless crumbles
1/4 tsp. taco seasoning (optional)
1/4 cup refried beans
1/2 cup shredded lettuce
1/4 cup chopped tomato
3 Tbsp. reduced-fat shredded Mexican blend cheese
Optional toppings: salsa, light sour cream, black olives

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place tortilla on the sheet, and spray with nonstick spray. Bake for 5 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add meatless crumbles and taco seasoning. (If using pre-seasoned crumbles, omit the seasoning.) Cook and stir until hot, about 3 minutes.

Carefully flip tortilla, and bake until crispy, 3 - 5 minutes.

Evenly top with beans, lettuce, tomato, crumbles, and cheese.

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.