



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

CHICKEN TINGA TOSTADAS

6 corn tortillas	½ teaspoon ground cumin
1 ½ tablespoons oil, coconut or avocado	½ teaspoon paprika
1 teaspoon lime juice, freshly squeezed	½ teaspoon salt, to taste
¼ teaspoon salt, to taste	3 cups shredded chicken
2 tablespoons oil, coconut or olive	1 ½ cups refried beans, pinto or black beans
½ onion, sweet or white, finely chopped	1 ½ cups iceberg lettuce, shredded
2 cloves garlic, crushed	1 large avocado, thinly sliced
1-2 chipotles in adobo sauce	¾ cup tomatoes, chopped
1 cup diced tomatoes fire-roasted	6 tablespoons Cotija cheese, crumbled
½ teaspoon oregano	

1. **TOSTADA SHELLS:** Preheat oven to 375 degrees F.
2. Whisk together oil, lime juice and salt in a small bowl.
3. Brush 1 teaspoon of the mixture over the front and backside of a corn tortilla and then place on a large baking sheet. Make sure all the tortillas are evenly spaced and do not overlap. Bake tortillas in preheated oven for 12-14 minutes, flipping halfway through.
4. **CHICKEN TINGA:** Add oil and onion to a medium-sized skillet or saucepan over medium heat. Sauté for 3-4 minutes or until the onion begins to turn translucent.
5. Add garlic cloves and continue sautéing for another minute.

6. Combine sauteed onions with chipotle peppers, diced tomatoes, oregano, cumin, paprika, and salt in large cup of a high-speed blender. Blend for 20-30 seconds or until completely smooth.
7. Pour the sauce back into the saucepan and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes.
8. Stir in shredded chicken and mix until it is completely coated in the sauce.
9. **TOSTADAS:** Spread $\frac{1}{4}$ cup of refried beans onto each baked tostada and layer with $\frac{1}{2}$ cup shredded chicken in Tinga sauce, $\frac{1}{4}$ cup shredded lettuce, 2-3 avocado slices, 2 tablespoons of diced tomatoes and a tablespoon Cotija cheese.
10. Repeat with remaining tostadas and ingredients. Serve immediately and enjoy!

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