



## Chicken Avocado Tostadas with Chipotle Cauliflower Rice

- 2½ tablespoons extra-virgin olive oil, divided
- 3 tablespoons fresh lime juice
- 2 teaspoons ground cumin
- ¼ teaspoon sea salt (Celtic or Himalayan)
- 1 cup fresh tomato, diced
- ½ cup white onion, finely chopped
- 2 heaping tablespoons fresh cilantro, chopped
- 1 large avocado, peeled and diced
- 4 6-inch tortillas of choice (grain-free, non-GMO corn, low carb or whole wheat)
- 2 cups shredded green leaf lettuce
- 1 15-ounce can black beans, rinsed and drained
- 2 cups shredded organic chicken breast (optional swap: rotisserie chicken)
- ¼ cup crumbled queso fresco cheese or Siete® queso cheese alternative

In a medium bowl, whisk together 1½ tablespoons olive oil, lime juice, cumin and salt. Add tomatoes, onion, cilantro and avocado, tossing gently to coat. Next, heat one teaspoon of the oil in a large skillet over medium heat. Swirl to coat bottom of pan. Add one tortilla to pan; cook one minute on each side or until browned. Repeat with three remaining tortillas and remaining oil.

Place one tortilla on each of the four plates, then layer each with ½ cup lettuce, about ½ cup beans, ½ cup chicken, ¼ cup avocado salsa, and top with one tablespoon queso cheese. Serve with side of chipotle rice.



## Chipotle Cauliflower Rice

- 1 package frozen cauliflower rice
- 1 tablespoon grass-fed or pastured butter; can substitute extra virgin olive oil
- 1 tablespoon minced chipotle chile
- ⅛ teaspoon sea salt
- 1 tablespoon cilantro, chopped

Cook rice according to package directions, adding in butter, chile and salt. After cooking, stir in cilantro until all ingredients are combined. Serves 4; calories including rice 546 (will vary depending on your tortilla choice)