

Chicken Tinga Tostadas

Get ready be amazed with this delicious chicken tinga tostada recipe. This bright and tasty dish is known for it's smoky, rich flavors and features shredded chicken, in a creamy tomato sauce on top of crispy tostadas. This meal is high-fiber, and high-protein and would be perfect for dinner or lunch any day of the week.

Yield: 4 servings

Serving Size: 2 tostadas

Ingredients:

- 2 tablespoons vegetable oil
- 1 large white onion, thinly sliced
- 4 cloves garlic, minced
- ¼ cup chopped canned chipotles in adobo
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 (28 ounce) can no-salt-added diced tomatoes
- 2 pounds boneless, skinless chicken thighs, trimmed

Instructions:

1. Heat oil in a large pot over medium-high heat. Add onion, stirring occasionally, and cook until softened, about 5 minutes. Add garlic, chipotle, oregano, and salt and cook, stirring, until fragrant, about 1 minute. Add tomatoes and their juice and chicken; bring to a simmer. Maintain a simmer and cook, stirring occasionally, until an instant-read thermometer inserted in the thickest part of a thigh registers 165°F, 20 to 25 minutes.
2. Transfer the chicken to a cutting board and shred it using two forks. Stir the shredded chicken back into the sauce.

Topping and assembly of the tostadas:

- 8 corn tortillas
- Cooking spray
- 2 ⅔ cups Chicken Tinga (recipe above)
- 1 (15 ounce) can low-sodium refried beans
- ½ cup crumbled cotija cheese
- ½ cup chopped fresh cilantro

1. Preheat oven to 350°F. Arrange tortillas in a single layer on a baking sheet and coat on both sides with cooking spray. Bake, flipping once, until crispy, about 12 minutes.
2. Meanwhile, heat refried beans in a small pan until hot. Divide the beans among the tortillas, top each with 1/3 cup chicken mixture and 1 tablespoon each cheese and cilantro.

Per Serving: Calories 345 kcal, Carbohydrates 44 g, Protein 21 g, Sat Fat 2 g, Sodium 514 mg, Added Sugars 0 g

This recipe was taken from <https://www.eatingwell.com/recipe/7944697/chicken-tinga-tostadas/>

