

## Chicken Tortas (Mexican Sandwiches)

4 servings

### *What you need:*

4 bolillos, Mexican rolls, or soft French rolls

2 cups cooked shredded chicken

1 can refried beans

1/2 cup shredded cheese

### *Toppings:*

salsa

sour cream

avocados (or guacamole)

shredded lettuce



### *All you do:*

1. Microwave the split rolls a few seconds to make them nice and soft, and then pull the doughy centers out of the top and the bottom.

2. Spread the bottom with a layer of hot refried beans, then sprinkle with shredded cheese.

3. Put a pile of hot cooked chicken on top of the cheese and then top with sour cream, salsa, a couple slices of avocado, and then add shredded lettuce.

4. Top with the other half of the bun and enjoy!

Per serving: 326 calories, 7.4g fat, 3.1g saturated fat, 18mg cholesterol, 804mg sodium, 49.8g carbohydrates, 7.7g fiber, 15g protein