



Mexican Tuna Tostadas

Ingredients

8 corn tortillas (6 inches each)
3 Tbsp canola oil
3/4 tsp salt
1/2 tsp finely chopped chipotle pepper
2 Tbsp fresh lime juice
1 Tbsp tequila
1/2 tsp adobo sauce

1/2 tsp ground cumin
1/4 tsp sugar
1 pound sushi-grade tuna, cut
into 1/4-inch cubes
1 avocado, cut into 1/4-inch cubes
3 scallions (green part only), thinly sliced
3 Tbsp hulled pumpkin seeds

Nutrition Facts (per serving)

Calories	248
Fat (g)	15
Saturated Fat (g)	2
Cholesterol (mg)	-
Sodium (mg)	-
Carbohydrate (g)	13
Fiber (g)	3
Protein (g)	16
Calcium (mg)	-

Preparation

Heat oven to 350°F. Cut 2 rounds from each tortilla with a 3-inch cookie cutter. Brush both sides of tortillas with 1 tablespoon of oil and sprinkle with 1/2 teaspoon of salt. Place rounds in 1 layer on cookie sheets; bake until crisp and edges are golden, 10 to 12 minutes. Remove from oven. Whisk chipotle, remaining 2 tablespoon oil, lime juice, tequila, adobo sauce, cumin, sugar and remaining 1/4 teaspoon salt in a bowl. Place tuna, avocado, 2/3 of scallions and 2 tablespoons of pumpkin seeds in another bowl. Pour dressing over top and gently stir to coat, trying not to break up avocado. Spoon tuna mixture onto tortilla rounds. Top with remaining 1 tablespoon pumpkin seeds and remaining 1/3 of scallions.

Serves 4

