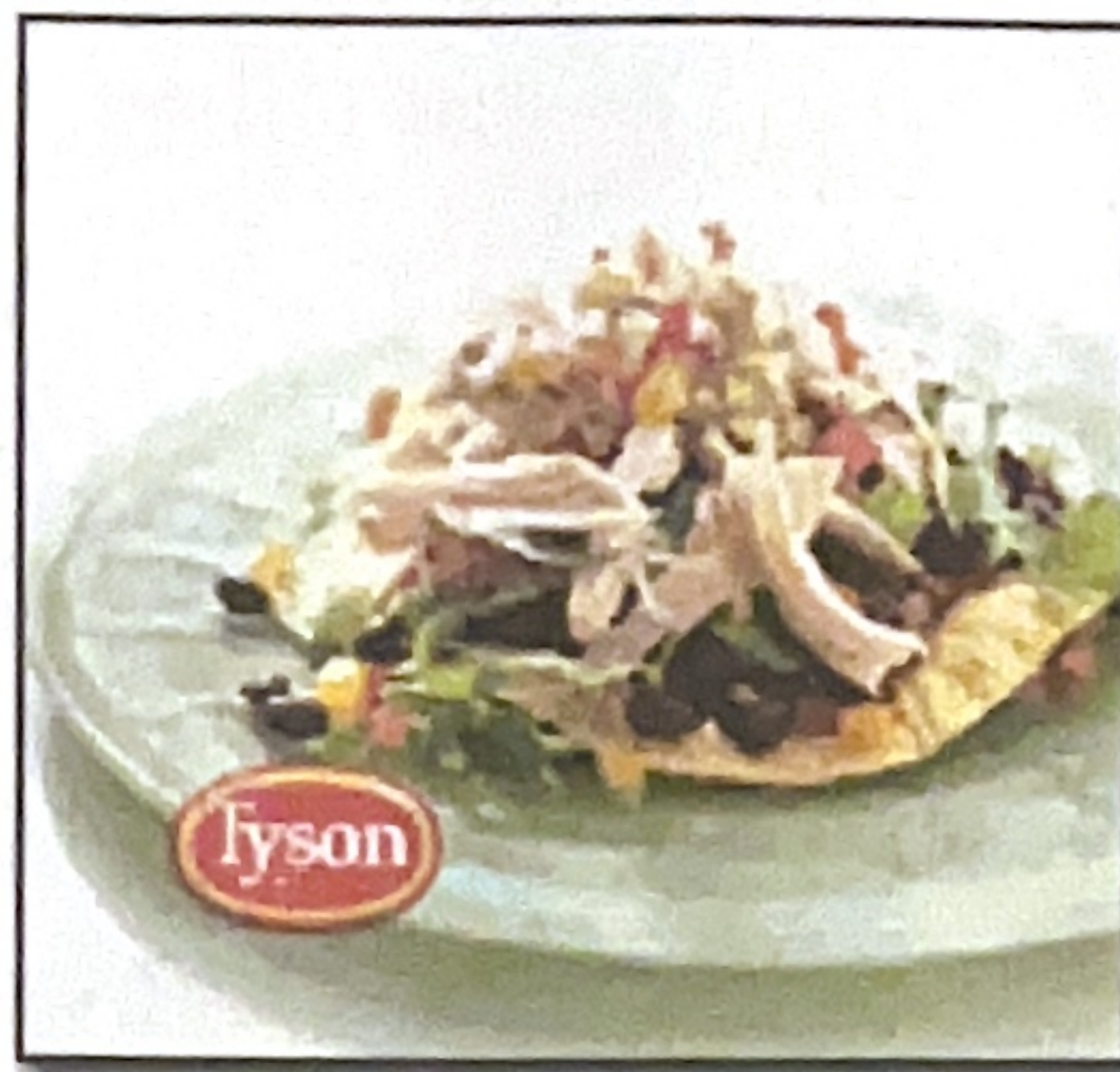




## Tyson Chicken Recipes

### Tostadas de Pollo

Average Rating: ★★★★★ Total Number of Votes: 2



#### Ingredients

- 2 [Tyson® Fresh Boneless, Skinless Chicken Breasts](#)
- 1 ripe medium avocado, halved and pitted
- 1 tablespoon fresh lime juice
- Salt and pepper
- 1/4 teaspoon hot pepper sauce, or to taste
- 1 small tomato, halved, seeded, and diced
- 2/3 cup diced red, yellow, and/or orange peppers
- 1/3 cup diced red onion
- One (16-ounce) can refried beans, heated accordingly to package directions
- 4 tostada shells
- 1 cup canned black beans, rinsed and drained
- 2 cups shredded lettuce
- 1/4 cup crumbled feta cheese

Preparation Time	Servings
15 Minutes	4
<b>Preparation</b>	
<p>CLEAN: Wash hands. Scoop avocado into small bowl and mash with fork. Stir in lime juice, 1/2 teaspoon salt, 1/8 teaspoon pepper, and pepper sauce. Combine tomato, peppers, and onion in bowl. Season to taste with salt and pepper.</p>	
<b>Cook</b>	
<p>Meanwhile, bring large saucepan of salted water to boil. Slip chicken into water; reduce heat and simmer until juices are clear when thickest part of breast is pierced. Remove chicken; when cool enough to handle, tear into strips.</p>	
<b>Serve</b>	
<p>Spread refried beans over tostada shells and sprinkle with black beans. Top with lettuce, 1 cup tomato mixture, and all chicken. Spoon guacamole on top. Sprinkle with remaining tomato mixture and feta cheese. Serve immediately.</p>	
<b>Tip</b>	
<p>Refrigerate leftovers.</p>	