



## **Swimsuit-Ready in 20 Days: Dinner Recipes**

### **Crispy Chicken Tostadas**

**6 ounces skinless, boneless chicken breast**

**1½ cups thinly sliced Spanish onion**

**2 tablespoons freshly squeezed lime juice**

**4 medium whole grain or whole wheat tortillas**

**2 tablespoons nonfat sour cream**

*Salt and cracked black pepper to taste*

*1 teaspoon olive oil*

*4 teaspoons dried cilantro*

*1 teaspoon ground cumin*

1. Place chicken in large saucepan and add water to cover, salt, and pepper. Cook over medium heat for 25 minutes or until the chicken is fully cooked. Remove the chicken, cool, and shred.
2. Heat the olive oil in a nonstick skillet. Add the onion and cook for 1 minute. Add the shredded chicken and stir constantly until it crisps. When most of the liquid has evaporated, drizzle the lime juice over the chicken and season with cilantro, cumin, salt and pepper. Set aside. Bake the tortillas in a 350 degree oven until they are crisp and light golden.

**To Serve:** Place the tortillas on plates. Top with the chicken and sour cream

**Servings:** 2