



Fuel the Body
Fuel the Soul

Tuna Tostadas



PREP TIME
10 MINUTES



COOK TIME
20 MINUTES



SERVINGS
ABOUT 4

Ingredients:

10 tostadas
3 cans of tuna
3 tbs of oil
1/2 of an onion
lime juice
3 roma tomatoes
1 serrano pepper
1 avocado

1 head of lettuce
1/2 cup of cilantro
1 tbs of oregano
1 tbs of salt
1 tbs of black pepper

Procedure:

1. In a skillet, sauté diced onion, tomatoes and serrano pepper for about 5 minutes.
2. Add tuna, black pepper, oregano, salt, cilantro and the lime juice and cook for about 10 minutes.
3. Put tuna mixture on tortilla shells or tostadas. Add lettuce and avocado pieces on top. Optional: add Mexican crema.
4. Serve and enjoy!



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OF CARONDELET