

Ham and Potato Tostadas

The crunchy tostada shell makes a tasty base for yummy toppings. A great snack, particularly if there are left-over roasted or boiled potatoes in the fridge!

1 tostada shell
1 slice of lean deli ham, halved
1/2 cup (125 ml) cooked Ontario potatoes, cubed
2 tbsp (25 ml) shredded cheddar cheese
1 tbsp (15 ml) thinly sliced green onion
Put tostada shell on a small microwavable plate.

Arrange pieces of ham over tostada shell. Top with cooked potato and sprinkle with cheese and green onion.

Put in microwave and cook on high until cheese is melted and bubbling, about 30 seconds. Let cool slightly before eating.

Makes 1 serving.

Per serving: 205 calories, 10 g protein, 9 g fat, 23 g carbohydrates, 2 g fibre, 384 mg sodium,

Hawaiian Potato Tostadas - Add canned pineapple chunks and diced green peppers with potatoes and replace the cheddar with mozzarella

Pizzazz Potato Tostadas - Replace the ham with pepperoni slices and spoon a little pizza sauce on top; add potatoes and sprinkle with Mozzarella and any of your other favourite pizza toppings.

Potato Club Tostadas - Replace the ham with sliced turkey, add potatoes, crumbled bacon and cheese. Microwave as above and top with shredded lettuce and diced tomatoes before serving.

