



Coriander Chicken Tostadas with Refried Beans and Grilled Fennel



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chipotles in adobo canned minced
- ☐ 30 ounce pinto beans organic drained canned (preferably)
- ☐ 6 cilantro leaves fresh
- ☐ 6 servings kosher salt
- ☐ 1 ounce coriander seeds crushed
- ☐ 1 large fennel bulb fresh trimmed
- ☐ 2 garlic clove peeled

- ☐ 1 teaspoon ground cumin
- ☐ 6 servings lime wedges
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons oregano dried
- ☐ 6 radishes trimmed thinly sliced
- ☐ 3 cups the of 1 cos lettuce thinly sliced
- ☐ 6 tablespoons safflower oil divided
- ☐ 4 chicken breast halves boneless skinless
- ☐ 6 purchased corn tostada shells
- ☐ 0.5 cup onion white chopped

Equipment

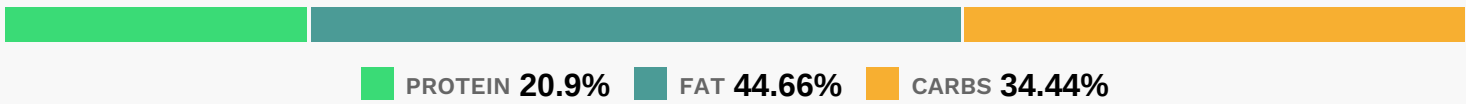
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ For beans
- ☐ Place beans and next 5 ingredients in processor; blend to chunky puree.
- ☐ Heat oil in heavy large saucepan over medium heat.
- ☐ Add bean mixture and 1/2 cup reserved bean liquid. Stir over medium– low heat until warmed through, adding more bean liquid if dry, about 5 minutes. Season with coarse salt and freshly ground black pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill. Rewarm before using.
- ☐ Brush fennel slices with 1 1/2 tablespoons oil; sprinkle with salt and pepper.
- ☐ Heat heavy large skillet over medium–high heat.
- ☐ Add fennel slices. Sear until lightly browned and crisp–tender, 2 to 3 minutes per side.
- ☐ Transfer to plate.

- ☐ Cut into strips. Reserve skillet.
- ☐ Using rolling pin, flatten chicken between sheets of plastic wrap to 1/4- to 1/3-inch-thick cutlets.
- ☐ Spread out coriander seeds on sheet of foil.
- ☐ Sprinkle chicken with salt and pepper; coat with coriander seeds.
- ☐ Heat 4 1/2 tablespoons oil in reserved skillet over medium-high heat. Working in batches, if necessary, add chicken to skillet. Sauté until cooked through, about 3 minutes per side.
- ☐ Transfer to work surface. Cool 5 minutes.
- ☐ Cut chicken in half lengthwise, then crosswise into 1/3-inch-wide strips.
- ☐ Top each tostada shell with beans, lettuce, radishes, fennel, chicken and cilantro sprig.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:7.93, Inflammation Score:-10, Nutrition Score:27.283913311751%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 469.88kcal (23.49%), Fat: 24.1g (37.08%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 29.37g (10.68%), Sugar: 4.13g (4.59%), Cholesterol: 48.21mg (16.07%), Sodium: 797.52mg (34.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.76%), Vitamin K: 70.81µg (67.44%), Fiber: 12.47g (49.86%), Vitamin A: 2290.47IU (45.81%), Vitamin B3: 9.07mg (45.33%), Vitamin E: 6.69mg (44.59%), Manganese: 0.86mg (43.13%), Vitamin B6: 0.82mg (40.91%), Phosphorus: 379.44mg (37.94%), Selenium: 26.42µg (37.75%), Potassium: 1059.69mg (30.28%), Magnesium: 112.7mg (28.18%), Iron: 4.89mg (27.15%), Folate: 88.39µg (22.1%), Copper: 0.39mg (19.32%), Calcium: 180.7mg (18.07%), Vitamin B1: 0.23mg (15.17%), Vitamin B5: 1.48mg

(14.8%), Vitamin C: 11.29mg (13.69%), Zinc: 1.91mg (12.7%), Vitamin B2: 0.17mg (10.3%), Vitamin B12: 0.15µg (2.51%)