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## Chicken Tostadas

From the Manassas Gourmet Club Dinner  
"South of the Border"  
Serve with [Avocado Dressing](#)

Quantity	Ingredients	Preparation Notes
1	Clove Garlic, minced	
2 Tbsp	Vegetable Oil	
3 C	Shredded Cooked Chicken Breast	• Saute garlic in 2 T oil in a saucepan until tender.
1 - 4oz can	Diced Chilies, drained	• Stir in chicken, chilies and sour cream
1/2 C	Sour Cream	• Cook over medium heat, then remove from heat and keep warm
1 3/4 C	Vegetable Oil	• Heat 1 3/4 C oil in 10" skillet.
6 - 6"	Flour Tortillas	• Fry tortillas one at a time, 30 seconds per side until lightly browned
1/2	Small Head Iceberg Lettuce, sliced thin	• Drain on paper towels
1 C - 4 oz	Shredded Cheddar Cheese	• Arrange lettuce on each tortilla
2	Tomatoes, chopped	• Top with chicken mixture
	<a href="#">Avocado Dressing</a>	• Sprinkle with cheese and tomato
		• Top with <a href="#">Avocado Dressing</a>