

# BBQ Chicken Tostadas



My mom always used the term "planned overs" instead of leftovers! She is so resourceful in the kitchen and this meal reminds me of her! It is a great way to use leftover grilled chicken, or you can also use rotisserie chicken!

## INSTRUCTIONS

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper
2. Shred rotisserie chicken- I just use my hands!
3. Mix 1/2 cup of BBQ sauce with chicken and mix well
4. Lay tostadas out on parchment paper and drizzle with BBQ sauce. Use a silicone brush to spread it out evenly
5. Next, sprinkle cheese on each tostada
6. Top each with chicken- you can add as much or as little as you like!
7. Add desired toppings
8. Place on the top rack of your oven for about 5-6 minutes until cheese is melted!
9. Remove from the oven and drizzle with BBQ sauce!
10. Enjoy!

## INGREDIENTS

- 1 rotisserie chicken or 3 cups leftover grilled chicken
- BBQ sauce of choice- *Primal is a great low sugar option*
- Low fat shredded mozzarella or cheddar cheese
- 1/2 red onion, diced
- 1 pint cherry tomatoes, halved
- Tostados- *I recommend baked for a healthier option*
- 1 ear of corn cooked- *this is totally optional but I had some leftover and it was so sweet and delish on top! You could use canned corn or frozen corn, too*

### Optional toppings

- Avocado
- Fresh jalapeños
- Cilantro
- Chopped green onions

*planned overs -*

Save some of your BBQ chicken for a wrap! You can put the same toppings you use on your tostada inside of the wrap, but it travels easier for work and school!