

# BBQ Chicken Tostada

MADE WITH LOVE

by Teresa Forehand

SERVED WITH A SALAD

## 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*

## Optional toppings

- Avocado
- Shredded lettuce
- Fresh jalapeños Cilantro
- Chopped green onions
- 1 ear or cup of corn cooked - *this is totally optional but I had some leftover and it was so sweet and delish on top! (You can use frozen or canned too)*

## Directions

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper
2. Shred rotisserie chicken- I just use my hands to remove the chicken and place it in a bowl. Then I take scissors and cut it up- a great time saver
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!