

Avocado, tomato & bean salad with crisp tortillas



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Preparation 20 mins | Cooking 10 mins | Serves 4

- 3 large tortillas
- olive oil cooking spray
- 2 ripe avocados, peeled and chopped
- 3 vine-ripened tomatoes, roughly chopped
- 2 green onions (shallots), trimmed and thinly sliced
- 400g can red kidney beans, drained and rinsed
- ¼ cup flat-leaf parsley or coriander leaves, chopped
- 2 tbs olive oil
- 1 tbs lime or lemon juice

To serve:

- 1 cup reduced fat grated tasty cheese
- ½ cup sour light cream
- 1 lime, cut into wedges

STEP 1 Preheat oven to 200°C/180°C fan-forced. Spray tortillas on both sides with oil. Place in a single layer on a large baking tray. Bake for 10 minutes until pale golden. Remove and set aside to cool.

STEP 2 Meanwhile, place avocados, tomatoes, green onions, kidney beans and parsley in a large bowl. Combine oil and lime or lemon juice in a bowl. Season with salt and pepper to taste and whisk to combine. Drizzle over avocado salad and gently toss to combine. Transfer to a serving bowl. Serve salad with tortillas, grated cheese, sour light cream and lime wedges.

Good for you... **AVOCADOS**

The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy condition.

