

Chicken Salad Tostadas

Serves 2-4, all depends on what you have on hand : ~30 minutes : a recipe by Zoe Barrie

Ingredients:

This recipe is based off a video I saw so everything is estimated. Just taste as you go & use what you have. Here's [the link](#) so you can watch the video too!

For the salad:

- 3-4 stalks of celery, chopped
- a couple stalks of green onion, sliced
- a handful of parsley, chopped
- 4-5 dates, chopped
- a small bulb of fennel, thinly sliced
- a couple cups of leftover cooked chicken*, chopped
- ½ cup (or more) of mayo or greek yogurt
- 1-2 tblsp grainy dijon mustard
- a squeeze of lemon
- dash of black pepper
- chives (or extra green onion) for serving

For the tostada:

- a pack of corn tortillas
- a cup or so of neutral oil for frying
- salt for sprinkling

Instructions:

- Add all salad ingredients to a large bowl & stir until fully combined.
- Taste & adjust ingredients as needed, set aside in the fridge until ready for serving.
- In a small skillet, heat about an inch of oil over medium-high.
- Once hot, gently slide in a tortilla*. Cook for about 1 minute, then flip & cook for another minute.
- Gently remove the golden brown tortilla, sprinkle with salt, & place on a paper towel-lined plate.

- Repeat until all tortillas are cooked.
 - Take a tostada, add a big scoop of chicken salad, & sprinkle with chives to finish. Yum!
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recipe notes:

- I definitely messed up my first tostada while frying it. I was unsure how to tell that it was finished cooking. There's a bit of a fine line between chewy, crispy, & burnt! Try one out & see what happens, you'll be able to adapt after the first go.
- You can always use precooked, leftover, or rotisserie chicken. When I don't have any of that, I'll buy a pound of chicken breast & pop it in a slow cooker with a splash of broth, salt, & pepper for about two hours until shreddable.

what you learn from this recipe:

- This is a great option for any type of chicken salad. It gives you a new way to eat it. I really enjoyed the crunch :)