



CRAB TOSADA

3 Cups crab meat
1 tomato, seeded and julienne
 $\frac{1}{4}$ cup red onion, julienne
 $\frac{1}{4}$ cup red pepper, julienne
 $\frac{1}{4}$ cup yellow pepper, julienne
Juice of 2 limes

2 Tbsp. extra virgin olive oil
 $\frac{1}{4}$ tsp. black pepper
 $\frac{3}{8}$ cup Cotija cheese, crumbled
 $\frac{1}{2}$ cup cilantro, chiffonade
6 six-inch flour tortilla
Chili powder to taste

Directions:

Fry tortillas in oil at 350 degrees until crisp and lightly golden. Remove and lightly sprinkle with chili powder. Set aside. Combine crab, onion, peppers, lime juice, olive oil, pepper and $\frac{1}{4}$ cup cilantro. Lightly mix, but don't break up the crab too much. Separate crab mixture into six even portions and set on top of tortillas. Sprinkle each tostada with cotija cheese and remaining cilantro.

Yield: 6 servings

Executive Chef Ryan O'Neil, The Stratford at West Clay, 2460 Glebe Street, Carmel, 46032 733-6615. www.TheStratfordAtWestClay.com

Nutrition Information: 270 Calories, 10 gm fat, 2 gm saturated fat, 0 gm trans fat, 80 mg cholesterol, 20 gm carbohydrate, 2 gm fiber, 30 gm protein, 640 mg sodium

**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**