**Salad Tostada (2 servings)**

Ingredients:

* 2 corn tortillas
* ⅔ cup brown rice
* 1 cup black beans
* Handful of sprouts
* 1 avocado, sliced
* ¼ cup black olives
* 1 tablespoon olive oil
* Juice from 1 lime
* Optional garnishes: cilantro, jalapeno

Instructions:

1. Cook rice per instructions on bag.
2. Place beans in a pot and heat.
3. Pour olive oil in skillet and heat on low, place tortillas on once hot.
4. Flip tortilla and pour rice and beans on top.
5. Remove from heat and serve with toppings.