

Coppe tostada con lenticchie e spinaci Lemony (Tostada Cups with Lemony Lentils and Spinach)

Flour tortilla (9 inch, 22 cm, diameter)	1
Cooking spray	
Cooking oil	1/2 tsp.
Finely chopped onion	1/4 cup
Granulated sugar	1/4 tsp.
Canned lentils, rinsed and drained	1/2 cup
Chopped fresh spinach leaves, lightly packed	1/2 cup
Finely chopped roasted red pepper	2 tsp.
Herb and garlic cream cheese	1 tbsp.
Grated lemon zest	1 tsp.
Salt	1/4 tsp.
Pepper, sprinkle	

Spray both sides of tortilla with cooking spray and cut into 8 wedges. Press wedges into 8 muffin cups with points sticking out (see How To, below). Bake in a 450F oven for about 5 minutes until golden and crisp.

Heat cooking oil in a frying pan on medium. Add onion and sugar and cook until lightly browned.

Stir in next 3 ingredients and cook until spinach starts to wilt.

Stir in remaining 4 ingredients. Spoon into tostada cups. Makes 8 tostada cups.



**HOW TO MAKE
TOSTADA CUPS**

GARNISH

roasted red pepper strips
lemon peel