

Chicken Tortas

1 ½ pounds chicken pieces, skin removed
1 ½ cups prepared pinto beans **or** one 15 ounce can of low-sodium pinto beans
4 bolillos or French bread rolls
2 cups shredded Romaine lettuce
½ cup thinly sliced radishes
8 thin slices white onion
1 cup fresh salsa
6 ounces shredded Monterey Jack cheese

1) Place chicken in large pot. Cover with water. Bring to a boil over high heat. Reduce heat to medium-low. Simmer, uncovered, until chicken is cooked thoroughly, about 30 minutes. Drain and let cool. Shred chicken.

2) Meanwhile, place beans in a small saucepan. Heat until warm. Lightly mash beans with a fork. Set aside.

3) Cut each roll in half lengthwise.

4) Divide chicken, beans, lettuce, radishes and onion evenly into four servings. Place one serving of ingredients on bottom half of each roll. Top with salsa and sprinkle with cheese. Place other half of roll on top of each sandwich. Serve.