

# Chicken Tostada Upside Down Bake

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sopapilla-recipe-with-crescent-rolls>

## Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 onion medium, finely chopped
- 2 cloves garlic fresh, minced
- 4 boneless skinless chicken breasts small or 3 large, shredded and lightly seasoned with salt and pepper
- 1 can diced tomatoes fire roasted is great with this recipe
- 1 can corn drained
- 1 can black beans drained
- 1 can black olives chopped
- 1 packet seasoning ranch dressing, packet, optional, but really tasty
- 1 1/2 tablespoons ground cumin
- 1 pinch kosher salt and pepper
- 1/2 cup chopped cilantro fresh
- 1 can crescent rolls Pillsbury, in the sheet form if possible
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon garlic salt Lawry's, with Parsley
- 1 cup shredded cheddar cheese

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 55 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 21 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 410 milligrams

9. Sugar: 3 grams

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