

Guiltless Nachos Supreme

Hands-on - 15 min.

Serves 4

Here's my favorite Friday night "veg-out" dinner. We munch on raw carrots, broccoli and cauliflower as we put it together.

Menu

Guiltless Nachos Supreme

Raw Veggies

Grapes

Turn broiler on and keep oven door ajar.
Adjust oven rack to 6" from heating element.

1/2 lb extra-lean ground turkey breast
1 small onion, chopped (opt)
1 green bell pepper, seeded and chopped (opt)
1 tsp Zippy Zonya Mexi Mix[‡]

Coat a large nonstick skillet with cooking spray and place over medium-high heat. Sauté until meat is no longer pink and vegetables are soft.

1 can (15 oz) no salt added pinto or black beans, drained and rinsed

Add and sauté 1 minute.

60 bite size baked tortilla chips (*Tostitos*) (about 8 oz)

Spread out over an ungreased nonstick baking sheet. Layer bean mixture over chips.

1 cup reduced-fat shredded cheddar cheese[†]

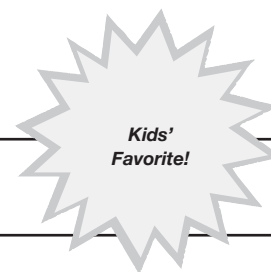
Sprinkle on top of bean mixture. Broil 4 to 6 minutes, or until cheese melts and browns slightly.

1/4 cup salsa of your choice
1/4 cup light sour cream or nonfat plain yogurt

Serve on the side for dipping. Fresh grapes make the ideal dessert.

[†]See reduced-fat cheese tip on page xi (introduction).

[‡]See recipe on page 40.



Nutrition information for 1/4 the recipe

Calories	365	Fat	7 g	Fiber	7 g	Sodium	584 mg	Total Carbohydrate	44 g
Calories from Fat	17%	Saturated Fat	3 g	Cholesterol	40 mg	Protein	29 g	Sugars	1 g