

Guiltless Nachos Supreme

Hands-on - 15 min.

Serves 4

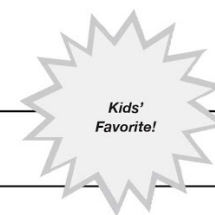
Here's my favorite Friday night "veg-out" dinner. We munch on raw carrots, broccoli and cauliflower as we put it together.

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

Menu

Guiltless Nachos Supreme
Raw Veggies
Grapes

1/2 lb	extra-lean ground turkey breast	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 small	onion, chopped (opt)	
1	green bell pepper, seeded and chopped (opt)	
1 tsp	Zippy Zonya Mexi Mix [‡]	
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 (<i>Tostitos</i>) (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	Serve on the side for dipping. Fresh grapes make the ideal dessert.
1/4 cup	light sour cream or nonfat plain yogurt	



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

15-Minute Meals
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