

# 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<sup>‡</sup>

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<sup>†</sup>

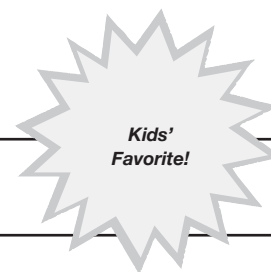
Sprinkle on top of bean mixture. Broil 4 to 6 minutes, or until cheese melts and browns slightly.

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.

<sup>†</sup>See reduced-fat cheese tip on page xi (introduction).

<sup>‡</sup>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