

Ultimate Veggie Nachos

INGREDIENTS:

- 4 oz. tortilla chips
- 1/2 cup canned black beans, drained & rinsed
- 1/2 cup canned pinto beans, drained & rinsed
- 1/2 cup Mexican blend cheese
- 1/2 yellow bell peppers, diced
- 15 cherry tomatoes, quartered
- 3 green onions, sliced
- 1/4 red onion, diced
- 1/4 cup cilantro, chopped
- 1/4 to 1 jalapeno sliced for topping (optional)

TOPPINGS

- salsa
- sour cream
- guacamole

EASY GUACAMOLE

- 2 Avocado
- 1 Roma tomatoes, diced
- 2-4 tablespoons red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1-2 Limes, juiced or more to taste
- 1/2 jalapeno, finely chopped or more to taste



*MAKES 2 SERVINGS

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a large oven-proof skillet or rimmed baking sheet, spread tortilla chips evenly.
3. Add half the beans, cheese, yellow pepper, tomato, scallions, onion, and cilantro.
4. Add a second layer of tortilla chips and top with the remaining beans, cheese, yellow pepper, tomato, onion, and cilantro.
5. Top with scallions and jalapeños if desired.
6. Place skillet in hot oven for 10-12 minutes or until cheese is melted.
7. Serve with sour cream, avocado, or guacamole as desired.

EASY GUACAMOLE

1. Slice the avocados in half and remove the pit. Scoop the flesh into the bowl, and using a fork, mash them to your desired consistency.
2. Add finely chopped red onion, jalapeno, quartered cherry tomatoes, chopped cilantro, and lime juice.
3. Mix everything together and season with salt to taste.
4. Enjoy!

| Ultimate Veggie Nachos | |
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| Nutrition Facts | |
| Serving Size | 1 Serving |
| Amount Per Serving | |
| Calories | 533.5 |
| % Daily Value* | |
| Total Fat | 22.2 g 28 % |
| Saturated Fat | 6.8 g 34 % |
| Trans Fat | 0.4 g |
| Cholesterol | 28 mg 9 % |
| Sodium | 636.3 mg 28 % |
| Total Carbohydrate | 68.4 g 25 % |
| Dietary Fiber | 13 g 46 % |
| Total Sugars | 7.2 g |
| Added Sugars | 0 g 0 % |
| Protein | 18.8 g |
| Vitamin D | 0.2 mcg 1 % |
| Calcium | 333.2 mg 26 % |
| Iron | 4 mg 22 % |
| Potassium | 842.1 mg 18 % |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |
| Full info at cronometer.com | |

| Easy Guacamole | |
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| Nutrition Facts | |
| Serving Size | 1 Serving |
| Amount Per Serving | |
| Calories | 248.6 |
| % Daily Value* | |
| Total Fat | 21.1 g 27 % |
| Saturated Fat | 2.9 g 15 % |
| Trans Fat | 0 g |
| Cholesterol | 0 mg 0 % |
| Sodium | 309.4 mg 13 % |
| Total Carbohydrate | 17.2 g 6 % |
| Dietary Fiber | 10.2 g 36 % |
| Total Sugars | 2.7 g |
| Added Sugars | 0 g 0 % |
| Protein | 3.3 g |
| Vitamin D | 0 mcg 0 % |
| Calcium | 31 mg 2 % |
| Iron | 1 mg 6 % |
| Potassium | 833.1 mg 18 % |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |
| Full info at cronometer.com | |