



# **Ultimate Veggie Nachos**

## **INGREDIENTS:**

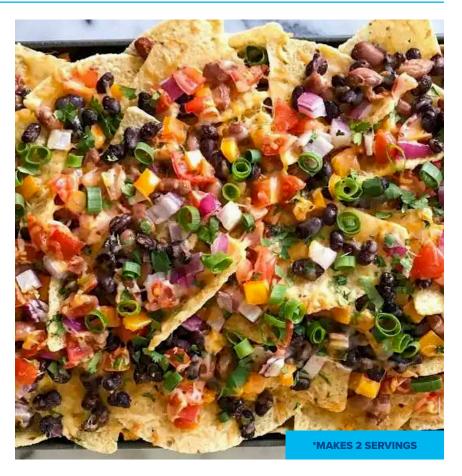
- · 4 oz. tortilla chips
- 1/2 cup canned black beans, drained & rinsed
- 1/2 cup canned pinto beans, drained & rinsed
- 1/2 cup Mexican blend cheese
- 1/2 yellow bell peppers, diced
- · 15 cherry tomatoes, quartered
- · 3 green onions, sliced
- 1/4 red onion, diced
- 1/4 cup cilantro, chopped
- 1/4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



## **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!

Nutrition Facts		
Serving Size	1	Servin
Amount Per Serving		
Calories	5	33.
		ily Valu
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

Easy Guacamole  Nutrition Facts			
Amount Per Serving			
Calories	2	48.6	
		ly 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 serving of food contributes to a is used for general nutrition ad	daily diet. 2,000 calo		
Full Info at cronometer.com			