

## Sheet Pan Nachos

*Hey now, nachos can fit in a healthy regime! This recipe uses whole grain nachos, veggies, cilantro, and avocado. All of this is on one pan for a quick side, meal (if adding protein too), or snack- making for an easy clean-up. I like to consider this my “lazy meal,” because it takes very little effort but still nutritious & satisfying.*

### **Ingredients:**

6 oz	Multigrain tortilla chips (use any whole grain tortilla chip here – I use the “Garden of Eatin’ “ brand)
15 oz can	Black beans, no sodium added, drained and rinsed
½ cup	Cooked corn kernels (canned, frozen, or fresh)
2 large	Jalapenos, sliced (can use caned/pickled jalapenos here)
1 pkg	Taco seasoning, reduced sodium
Optional	1 lb lean protein of choice, cooked (i.e. shredded chicken breast, ground beef or turkey, shrimp, more beans, marinated tofu)
1 cup	Reduced fat Mexican Blend cheese
1 medium	Avocado, diced
½ medium	Red onion, diced
1 cup	Pico de Gallo (or chunky salsa)
½ cup	Cilantro, chopped
2 medium	Limes, halved

### **Directions:**

1. Preheat oven to 400 degrees F. Spray baking sheet with cooking spray. Evenly spread the chips on the baking sheet in a single layer.
2. Prep the ingredients according to ingredient list; drain and rinse beans; cook the corn kernels according to package; slice the jalapenos if using fresh; cook the optional protein of choice; dice avocado and onion; chop the cilantro.
3. If using the optional protein, mix the taco seasoning with that protein choice according to package directions. If not, mix the taco seasoning with 2 tbsps water and toss with the corn, black beans, and jalapenos.
4. Top the chips with the black beans, corn, jalapenos, and protein of choice (if using that option)- making sure each ingredient is evenly spread over the top
5. Bake for 12-15 minutes.
6. Remove from oven and top with cheese. Continue baking until cheese is fully melted; about 12 minutes. Remove from oven.
7. Top with avocado, onion, Pico de Gallo, and cilantro. Then squeeze the lime juice over the top.
8. Serve warm! Enjoy!

### **Nutrition Facts:**

Servings: 5 servings

Serving size: 1/5<sup>th</sup> pan (nutrition facts do not include optional protein)

Sheet Pan Nachos		
Nutrition Facts		
Serving Size: 1 × 1/5th pan		
Amount Per Serving		% Daily Value*
Calories	366.4 kcal	18 %
Total Fat	14.4 g	22 %
Saturated Fat	3.8 g	19 %
Trans Fat	0 g	
Cholesterol	12 mg	4 %
Sodium	475 mg	20 %
Total Carbohydrate	45.7 g	15 %
Dietary Fiber	10.1 g	40 %
Sugars	4.2 g	
Protein	14.3 g	29 %
Vitamin A	11 % • Vitamin C	20 %
Calcium	21 % • Iron	14 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		