

Nachos Deluxe



Hands-On Prep 15 MIN

Cook 15 MIN

Serves 8

1 Preheat the oven to 425°F. Spray a large baking sheet with nonstick spray and set aside.

2 Heat the oil in a large nonstick skillet over medium-high heat. Add the chicken and onion; cook, stirring with a wooden spoon to break up the chicken, until browned, about 3 minutes. Add the tomatoes, beans, Mexican seasoning, and salt; cook, stirring occasionally, until thickened, about 5 minutes. Remove the skillet from the heat and keep warm.

3 Spread the tortilla chips on the baking sheet. Sprinkle with the cheese, olives, and peppers. Bake just until the cheese melts, about 5 minutes. Transfer the nachos to a serving platter. Top with the chicken mixture and sour cream. Serve at once.

PER SERVING (1¼ cups): 204 Cal, 4 g Fat, 2 g Sat Fat, 0 g Trans Fat, 17 mg Chol, 483 mg Sod, 29 g Carb, 4 g Fib, 13 g Prot, 141 mg Calc.

POINTS value: 4.

- 1 teaspoon canola oil
- ¼ pound ground skinless chicken breast
- 1 small onion, chopped
- 1 (14½-ounce) can diced tomatoes with green chiles
- 1 cup rinsed and drained canned red kidney beans
- 2 teaspoons Mexican seasoning
- ¼ teaspoon salt
- 6 ounces reduced-fat restaurant-style tortilla chips
- ¾ cup shredded reduced-fat Monterey Jack cheese
- 12 pitted small black olives, sliced
- ¼ cup sliced pickled jalapeño peppers, drained
- ½ cup fat-free sour cream

Good Idea Vary the nacho topping to suit your mood. Try canned black or pinto beans or substitute reduced-fat cheddar for the Monterey Jack cheese.