

Homemade Texas Nachos



Ingredients:

- 1 bag of low-salt corn chips, 16 ounces
- 1 fresh jalapeño, sliced (keep seeds for more heat)
- 1 tomato, diced
- 1 cup of low-fat cheddar cheese, shredded
- 1 avocado, diced
- 1/2 medium onion, chopped
- 1 can of black beans, rinsed

Directions:

1. Preheat oven to 375F.
2. Place beans in a small sauce pan on low heat. Mash to smooth consistency.
3. Spread chips on a shallow baking sheet over foil.
4. Add mashed beans and shredded cheese, and place in the oven until cheese melts, about 5-7 minutes.
5. Add onion, jalapeno, fresh tomato, and avocado, and serve.

Makes 2 Servings



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