

Jenny's Nachos for Dinner

Nachos don't have to be bad for you... you just have to make them with healthy ingredients. These nachos are nutritious enough to have for dinner. It takes a little work but so do most good things in life. Fresh ingredients make all the difference!

Refried beans:

2 teaspoons olive oil
1/2 cup chopped onion
1 clove garlic, crushed
15 oz. can plain pinto beans NOT drained

Meat:

1 teaspoon olive oil
1/2 cup chopped onion
1 clove garlic, crushed
1/2 lb. ground sirloin
1 teaspoon chili powder
1/2 teaspoon each salt, oregano, cumin & paprika

Toppings:

Reduced fat tortilla chips (I use Padrino's)
1 tomato
1 diced jalapeno pepper (hot) or Anaheim pepper (mild)
1 1/2 cups chopped peppers (red, yellow & orange)
1/2 cup chopped onion
6-7 oz. reduced fat cheddar or jack cheese or mix of both, shredded

1. Preheat oven to 425°.
2. Dice tomato and set aside to drain in a strainer.
3. Beans: In a medium saucepan, heat oil on medium-high and sauté onion & garlic 2 minutes 'til browned.
4. Add the beans with liquid, mashing right away.
5. Simmer, uncovered, about 10 minutes, mashing occasionally. When beans thicken up, taste for salt & set aside.

6. Meat: In a skillet, heat oil on medium-high and sauté onion & garlic 2 minutes 'til browned.
7. Add beef & spices, stir and cook until done – about 5 minutes. Set aside.

Assembly:

1. Line a baking sheet with foil, shiny side up. (foil is not necessary but it saves cleanup).
2. Place about 20 large chips on the foil with a 2nd layer in the center.
3. Add in this order: beef, beans, tomato (pat dry first), peppers, & onion. Top with cheese.
4. Bake for 10 minutes. Serve immediately.