

Nachos

All the flavor in nachos comes from the salsa. Cheese adds little more than texture. And you get the creamy texture from the beans. So why bother with the cheese? The following makes one serving.

Ingredients:

1 ounce taco chips
½ cup cooked beans or refried beans
Some diced onion
Some diced jalapenos if you like
Some diced fresh tomatoes
Some salsa
Some fresh cilantro if you like
Some Greek yoghurt

Spray some cooking oil on a cookie sheet. Spread the chips on the cookie sheet. Top with the beans. On top of the beans put the onions and peppers. Broil in an oven or toaster oven for a few minutes until the chips or beans start to brown. Keep an eye on it! The fat in the taco chips burns easily and once it starts to brown it can turn black in a flash. Slide onto a plate and top with the tomatoes, yoghurt and salsa.

This recipe is downloadable from my website, www.RehabForWeightLoss.com.