

Appetizers

Baked Potato Nachos

www.potatogoodnes.com

Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 1 hour

Cook time: 35 minutes

1 1/2 pounds russet potatoes
1 1/2 tablespoons vegetable oil
1/2 teaspoon garlic salt
1 teaspoon Mexican seasoning blend
1 cup Mexican blend shredded cheese
1/4 cup canned black beans, rinsed and drained
1/4 cup diced tomatoes
1/4 cup sliced black olives
1/4 cup green onions, sliced
3 tablespoons canned dice green chiles
salsa (optional)
guacamole (optional)
sour cream (optional)

Preheat the oven to 425 degrees.

Scrub the potatoes and cut into 1/2-inch thick wedges.

In a medium size bowl, place the potatoes with the oil, garlic salt and Mexican seasoning. Stir well to coat the potatoes with oil and seasonings. Transfer to a large baking sheet and spread into a single layer.

Bake for 25 to 30 minutes, stirring several times, until crisp and golden brown.

Top with the cheese, beans, tomatoes, olives, onions and chiles.

Bake for 5 minutes more to melt the cheese.

Serve with the optional salsa, guacamole and sour cream, if desired.

Per Serving (excluding unknown items): 208 Calories; 6g Fat (26.7% calories from fat); 5g Protein; 34g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 391mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.