

Appetizers

Caribbean Chicken Nachos

Try-Foods International - Apopka, FL

Servings: 8

Preparation Time: 10 minutes

Cook time: 5 minutes

4 ounces (1 cup) deli roasted chicken breast, chopped

2 tablespoons red onion, finely chopped

1/4 teaspoon dried thyme

1/4 teaspoon ground allspice

6 cups tortilla chips

1 1/2 cups Monterey Jack cheese with jalapeno, shredded

1 medium mango, seeded, peeled and chopped (or 1 cup canned peaches, well-drained and chopped)

1 tablespoon parsley (optional), chopped

Preheat the oven to 350 degrees.

In a small bowl, toss together the chicken, onion, thyme and allspice.

Spread the chips on an 11- or 12-inch ovenproof platter or an ungreased baking sheet.

Sprinkle the chicken mixture over the chips.

Top with the cheese.

Bake for 5 to 7 minutes or until the cheese melts. (Or microwave on HIGH for 1 1/2 to 3 minutes or until the cheese melts.)

Sprinkle with the mango and top with parsley, if desired.

Serve immediately.

Per Serving (excluding unknown items): 890 Calories; 46g Fat (45.7% calories from fat); 12g Protein; 112g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 937mg Sodium. Exchanges: 7 1/2 Grain(Starch); 0 Vegetable; 9 Fat.