

Plantain Chip Nachos with Spicy Chicken

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Servings: 6

2 tablespoons vegetable oil
1 white onion, diced
Kosher salt
freshly ground pepper
1 serrano chile pepper
1 teaspoon chipotle chile powder
grated zest of one lime
juice of two limes
1 cup low-sodium chicken broth
1 (4 cups) rotisserie chicken, skin removed and meat shredded
1/2 mango, diced
1 beefsteak tomato, diced
1 cup fresh cilantro, chopped
4 tablespoons unsalted butter
1/4 cup all-purpose flour
2 1/2 cups whole milk, warmed
1 bag (8 ounce) shredded Mexican cheese blend
3 bags (5 ounce ea) plantain chips
1 container (8 ounce) guacamole

Make the chicken: Heat the vegetable oil in a large skillet over medium-high heat. Add all but 1/2 cup of the onion, season with 1/2 teaspoon each salt and pepper and cook, stirring, until translucent, 5 minutes. Stir in the minced serrano, chile powder, lime zest and juice of one lime. Stir for 30 seconds. Stir in the chicken broth and chicken. Bring to a simmer. Reduce the heat to medium low and cook until thickened, about 8 minutes.

Meanwhile, make the mango salsa: In a medium bowl, combine the mango, sliced serrano, reserved 1/2 cup onion, the tomato, cilantro, juice of remaining lime and 1/2 teaspoon of salt.

Make the cheese sauce: In a medium saucepan over medium-high heat, melt the butter. Whisk in the flour. Cook until foaming, about 2 minutes. Whisk in the milk and bring to a simmer. Then reduce the heat to medium low and cook, stirring, until thickened, about 4 minutes. Remove from the heat and stir in the cheese until smooth.

Reheat the chicken mixture, if necessary.

Arrange the plantain chips on a platter. Top with half of the cheese sauce, the chicken, remaining cheese sauce, guacamole and mango salsa.

Per Serving (excluding unknown items): 522 Calories; 39g Fat (61.8% calories from fat); 8g Protein; 46g Carbohydrate; 6g Dietary Fiber; 35mg Cholesterol; 113mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 Fruit; 1/2 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.