

Two-Way Nachos

Family Circle Magazine

Servings: 6

Preparation Time: 10 minutes

Bake Time: 15 minutes

6 ounces baked tortilla chips

2 cups (8 oz) cooked shredded chicken

1 can (15 oz) black beans, drained and rinsed

1 cup jarred salsa

1 cup shredded reduced-fat Mexican cheese blend

4 scallions, trimmed and thinly sliced

Preheat oven to 350 degrees.

Line bottom and sides of a 13x9x2-inch baking dish with tortilla chips. scatter chicken and beans over the chips. Spoon salsa over the beans and top with cheese and scallions.

Bake for 15 minutes until heated through and cheese is melted. Serve immediately.

Serving Ideas: Variation: Replace chicken and beans with 1/2 pound coarsely chopped cooked shrimp and 1 can (8 oz) drained crushed pineapple.

Per Serving (excluding unknown items): 225 Calories; 1g Fat (5.8% calories from fat); 10g Protein; 43g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 165mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.