

Nacho Typical Nachos with Homemade Guacamole

Who does not love nachos? Nachos are a great appetizer because they contain all the food groups: Veggies, carbs, protein and healthy fats. Using sweet potatoes as a base not only adds complete carbohydrates and fiber, but are sturdier for holding all of the yummy nacho toppings. This is the perfect meal! You get fiber from the bell pepper and tomatoes as well as the sweet potatoes. Adding guacamole provides omega 3 fatty acids and topping with black beans adds more fiber and protein.

Ingredients:

2 large sweet potatoes
1 bell pepper (green/yellow/red)
1 cup cherry tomatoes
1 small red onion, diced
1 cup no salt/low salt black beans, drained and rinsed
½ cup cheddar cheese, shredded low fat
1 tsp paprika
1 tsp garlic powder
½ tsp pepper
Optional: jalapenos, cilantro or Greek yogurt

Dietitian Tip:

Add lean ground beef or shredded chicken for more protein!

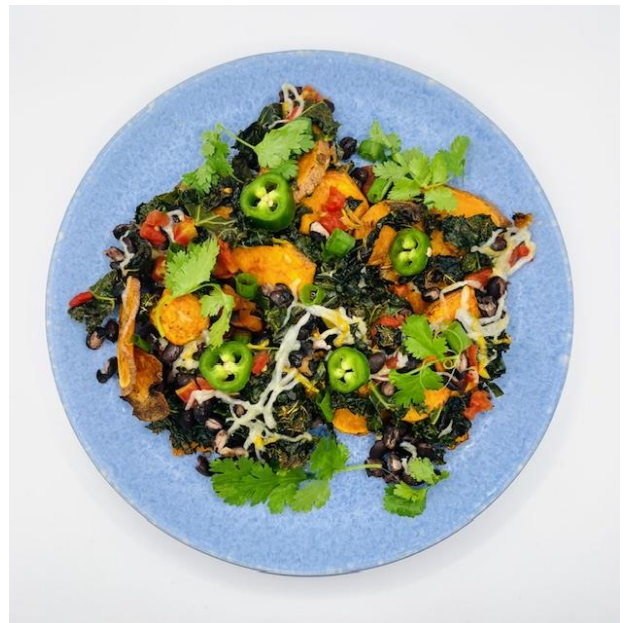
Directions:

1. Preheat oven to 425F
2. Wash sweet potatoes very well if keeping the skin on. (Keep skin on for extra fiber!).
3. Slice sweet potatoes into rounds. Chop bell pepper and onion.
4. Drain and rinse black beans.
5. Toss sweet potatoes in seasonings and coat evenly.
6. Line a sheet pan with foil. Add coated potatoes to the pan. Add toppings across potatoes. Add cheese.
7. Once pan is prepared, cook for 20-30 min, toss about half way through
8. Once cooked and crispy, top with cilantro, jalapenos and Greek yogurt. Serve with homemade guacamole.

Yield: 5 servings

Nutrition Facts:

130 Calories; 1g Fat (.5 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 020 mg Sodium; 24 g Carbohydrate (6 g Fiber, 6 g Sugar, 0 g Added Sugar); 7 g Protein; 0% Daily Value (DV) Vitamin D; 6% DV Calcium; 10% DV Iron; 10% DV Potassium



Homemade Guacamole

Guacamole is the perfect dip. Avocados contain healthy fats that help reduce inflammation and promote fullness. If you love spice, add jalapenos or a dash of cayenne pepper!

Ingredients:

2 large avocados
1/4 red onion or white
1 medium tomato, chopped
1 tbsp lemon juice
3 garlic cloves minced
Salt and pepper to taste
Optional: jalapenos

Dietitian Tip: Prevent browning!

Adding lemon juice helps prevent your guacamole from browning. Make sure to cover with cling film or store in an air tight container with the pit to prevent more browning!



Directions:

1. Wash avocado. Dice red onion and tomato.
2. In a medium bowl, add avocados. Mash until smooth. Add chopped red onion, tomatoes, lemon juice, garlic and spices. Mix
3. Serve with nachos, tacos or chips

Yield: 8 servings

Nutrition Facts:

60 Calories; 5g Fat (.5 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 0 mg Sodium; 4 g Carbohydrate (2g Fiber, 0 g Sugar, 0 g Added Sugar); 1g Protein; 0% Daily Value (DV) Vitamin D; 6% DV Calcium; 2% DV Iron; 4% DV Potassium