



NACHOS

INGREDIENTS

- Beanitos brand chips (*The only certified low GL chips on the market*)
- Shredded Chicken, or ground turkey or ground beef.
- Shredded cheeses of choice
- Toppings of choice. Such as guacamole, onions, olives, tomatoes, black beans, green chilies, or jalapenos.

INSTRUCTIONS

1. Cook meat with taco seasonings as desired.
2. Spread chips out evenly on a cookie sheet or in a casserole dish.
3. Cover with seasoned, browned “taco meat” (Ground beef, ground turkey or shredded chicken)
4. Top with shredded cheese.
5. Toppings of choice, like onions, olives, tomatoes, green chilies, or jalapenos.
6. Broil or bake until cheese is melted
7. Serve topped with Sour cream and Guacamole.

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915-861-6758