

Personal Plates of Nachos

Servings: 4

Ingredients

- Corn chips – 1¼ ounces per plate
- Cheese (cheddar or Jack) 1 ounce per plate
- Beans (black, pinto, kidney, whatever you like) 1/3 c. per plate
- Black olives 1 Tbl. Per plate

Directions:

1. Lay chips out on microwavable plate
2. Sprinkle with cheese and beans
3. Cover and microwave for 1½ minutes
4. Add olives

Optional Condiments:

- Fresh Salsa
- Light Sour Cream
- Guacamole

Nutrition: (Serving size: 1 plate)

Calories: 410 protein: 15g total carbohydrate: 38g total fat: 23g
saturated fat: 6g sodium: 920mg dietary fiber: 9g sugars: 0g