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| Healthier NachosBy replacing the chips with air dried corn tortillas, you remove lots of salt and unhealthy fats.Ingredients:

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| 1212 oz16 oz8 oz8 oz6 ozTo tasteTo tasteBunch | Corn Tortillas-$1.50 (air dried for 2 days)Canned Chicken (drained well)- $2.00Refried Beans- $2.00Frozen Peppers and Onions (Thawed and Drained)-$2.00Grape Tomatoes-$2.30Olives (drained well)Chili Powder, Garlic Salt, cumin, etc.Cheese (optional)Fresh Cilantro- $1.00 |
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Directions:Take your corn tortillas out and lay them out on a baking sheet. Let them air dry for a couple of days. Preheat your oven to 400 degrees. Break your tortillas into “chip” size pieces. Sprinkle the chicken over the chips and then the peppers and onions. The refried beans will be added next by using a spoon to drop onto the chips which will crisp nicely when baked. This is a good time to add any spices that your family enjoys. Next add your tomatoes unsliced. Add your drained olives next. If you’d like this would be the time to add cheese to your nachos. Next, take your bunch of fresh cilantro and using your kitchen scissors cut over the top of your pan. Bake for about 15 minutes. | Logo  Description automatically generated |
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