

Nachos

Yes, DIET nachos



Totals and recipe are for one serving:

Calories 234 Fat 6.4g Fiber 2g Carbs 28.8g

What you'll need:

- 1 Serving reduced fat crispy tortilla chips (140 calories per serving)
- ½ Cup Fat free shredded cheddar cheese
- ¼ Cup fresh salsa (the refrigerated kind)
- 2 T Fat free sour cream

Jalapenos, sliced – optional
Creole seasoning – optional

Let's get to cooking!

- 1. On an oven and microwave safe plate evenly spread out your tortilla chips.
- 2. Sprinkle cheese on the chips.
- 3. Place plate in toaster oven on high for 5 minutes or until cheese melts and is bubbly.
- 4. Remove from oven and evenly spoon salsa on the hot cheese.
- 5. Top with sour cream and serve OR if desired add jalapenos and Creole seasoning for a spicy hot kick!

NOTE: There are a couple of ways to make this lower in calories – use fewer chips than the serving size for instance or use a fat free American cheese slice, instead of shredded. They have only 25 calories per slice, which cuts off 20 more calories. Cutting out the sour cream cuts 29 more calories- but I'd miss. This is how I make mine but make this recipe your own.

Wanting nachos and thinking I couldn't have them, inspired this
Kitty's Lighter Weigh recipe.