

Bean and Cheese Nachos



side dishes

POINTS® Value: 3
Servings: 4
Preparation Time: 8 min
Cooking Time: 5 min
Level of Difficulty: Easy

The protein in the beans and carbs in the tortilla chips make these nachos a great energy-boosting snack or light meal.

Ingredients

32 item(s) baked low-fat tortilla chips
1 cup(s) fat-free canned refried beans
1/2 cup(s) shredded reduced-fat Monterey Jack cheese
1/4 cup(s) salsa

Instructions

Preheat oven to 350°F. Layer tortilla chips on an ovenproof platter or baking sheet.

Spread beans evenly over chips and sprinkle with cheese. Bake until beans are hot and cheese is melted, about 5 minutes. Top with salsa. Yields about 8 chips per serving.

Flavor Booster: Garnish each serving with a thin slice of seeded jalapeno chile, or habanero chile, for a blast of heat.

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