



Healthy Mexican Nachos

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Serves 4

Ingredients:

Olive oil cooking spray
2 garlic cloves, crushed
1 onion, finely chopped
1 green capsicum, diced
2 small red chillies, seeded and chopped
1 teaspoon paprika
1 teaspoon ground cumin
1x 400g can crushed tomatoes (no added salt)
1/2 cup tomato passata (pureed tomato)
1x 400g can red kidney beans, rinsed and drained
6 flour tortillas
1/2 cup grated light tasty cheese
1 avocado, mashed

Method:

1. Preheat the oven to 180°C.
2. Heat a large saucepan. Spray with olive oil and add garlic, onion and capsicum. Cook for 5-8 minutes until softened. Add chilli, paprika, cumin, tomatoes, passata and kidney beans. Simmer for 10-12 minutes.
3. Cut tortillas into wedges and lay flat on a large baking tray. Place the tray in the oven and cook until golden and crisp.
4. Divide bean mixture into individual bowls and arrange tortilla chips around the edge. Sprinkle with grated cheese and grill under high heat for 3-4 minutes or until cheese melts.
5. Top with mashed avocado.