



## Nachos Grandes

Serves 12

- 1 teaspoon canola oil
- 1/4 pound ground skinless turkey breast
- 1 cup canned red kidney beans, rinsed and drained
- 1 small onion, finely chopped
- 1 (14-ounce) can diced green tomatoes with green chiles, drained
- 2 teaspoons Mexican or taco seasoning
- 6 ounces reduced-fat restaurant-style tortilla chips
- 3/4 cup shredded reduced-fat Cheddar cheese
- 12 pitted black olives, sliced
- 1/4 cup sliced pickled jalapeño peppers, drained
- 1/2 cup fat-free sour cream

- 1 Preheat oven to 425°F. Spray baking sheet with nonstick spray.
- 2 Heat oil in large nonstick skillet over medium-high heat. Add turkey, red kidney beans, and onion; cook, breaking turkey apart with wooden spoon, until no longer pink, about 3 minutes. Stir in tomatoes and Mexican seasoning; cook until slightly thickened, about 5 minutes. Keep warm.
- 3 Place tortilla chips on prepared baking sheet in single layer. Top evenly with turkey mixture; sprinkle evenly with Cheddar, olives, and jalapeños. Bake until cheese is melted, about 5 minutes. Pile nachos on serving platter. Serve with sour cream.

**PER SERVING (1/12 OF NACHOS):** 106 grams, 132 Cal, 3 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 11 mg Chol, 471 mg Sod, 19 g Total Carb, 2 g Total Sugar, 2 g Fib, 7 g Prot, 105 mg Calc.  
PointsPlus value: **3**