

Light Nachos

36 round nacho chips
1-16 oz can fat free refried beans
½ package taco seasoning
½ cup fat free sour cream
¼ cup low fat shredded cheddar
optional: salsa, jalapeño peppers

Mix refried beans, taco seasoning and sour cream in a bowl. Spread on chips and lay chips flat on a baking sheet. Sprinkle shredded cheese on chips, top each chip with a jalapeño pepper if desired. Broil chips until cheese is melted. Serve with salsa. Make 9 servings.

Nutrition Information Per Serving: 107 Calories; 4 grams Protein; 2 grams Fat; 9 grams Carbohydrate; 367 mg Sodium