

Nachos

2 oz. baked nacho chips
1/2 cup fat-free refried beans
1/4 cup fat-free sour cream
2 tbsp. taco seasoning mix
1/2 cup fat-free cheddar cheese, shredded
3 jalapeno peppers, canned, thinly sliced
1/2 cup salsa

Preheat oven to 400°F. Mix refried beans, sour cream and taco seasoning. Spread mixture onto chips. Place chips on a foil covered cookie sheet. Top with shredded cheddar cheese and top with jalapeno peppers. Bake 5-7 minutes or until cheese melts. Serve with salsa. Makes 4 servings.

Nutrition information per serving: calories 145; protein 10 grams; fat 1 gram; sodium 791 mg