Baked Nachos
Grande Salad

4 servings
Prep: 15 minutes
Cook: 15 minutes

INGREDIENTS

SALSA
1 CUP FINELY CHOPPED RIPE TOMATO, SEEDED
½ CUP DRAINED CANNED NO-SALT ADDED DICED TOMATOES
½ CUP FINELY CHOPPED ONION
½ BUNCH CILANTRO, CHOPPED
1 JALAPEÑO OR SERRANO PEPPER, SEEDED AND VERY FINELY CHOPPED
1 TSP. FRESH LIME JUICE
AVOCADO LIME SAUCE
¼ BUNCH CILANTRO, CHOPPED
1 AVOCADO
½ LIME, JUICED
¼ CUP OF WATER (MORE OR LESS TO THIN AS DESIRED)
SALT TO TASTE

BAKED BEAN FILLING
1 CAN (15 OZ.) NO-SALT ADDED BLACK BEANS, RINSED AND DRAINED
1 TSP. GROUND CUMIN
1 TSP. CHILI POWDER
1 TSP GARLIC POWDER
1 TSP SMOKED PAPRIKA
½ CUP SHREDDED PEPPER JACK CHEESE

BASE AND TOPPING
4 CUPS OF ROMAINE LETTUCE OR LETTUCE OF CHOICE, CHOPPED
24 WHEAT - REDUCED-SODIUM TORTILLA CHIPS
¼ BUNCH OF CILANTRO, CHOPPED
1 JALAPENO PEPPER, SLICED INTO THIN ROUNDS (OPTIONAL)
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1. PREHEAT THE OVEN TO 350 DEGREES. LINE BAKING SHEET WITH PARCHMENT, SET ASIDE.

2. TO MAKE SALSA FRESCA, IN MIXING BOWL, USE FORK TO COMBINE FRESH TOMATO, CANNED TOMATO, ONION, CILANTRO, PEPPER, AND LIME JUICE. SEASON TO TASTE WITH SALT AND PEPPER. REFRIGERATE UNTIL READY TO SERVE.

3. ADD BEANS, SEASONINGS, AND ½ CUP WATER TO A BOWL. LIGHTLY MASH HALF OF THE BEANS.

4. SPREAD ONTO THE PARCHMENT LINED BAKING SHEET AND SPRINKLE WITH CHEESE.

5. ADD THE TORTILLA CHIPS TO ANOTHER BAKING SHEET.

6. BAKE THE BEANS FOR 10 MINUTES OR UNTIL THE BEANS ARE HOT AND THE CHEESE IS MELTED.
7. Bake the tortillas for 5 minutes or until crisp and golden brown.

8. While the beans are baking, make the avocado lime sauce.

9. Combine all ingredients for the avocado lime sauce in a blender and blend until smooth.

10. Assemble the salads by adding 1 cup of lettuce at the bottom of 4 bowls. Evenly distribute the baked beans and cheese over the lettuce in the 4 bowls. Drizzle the avocado lime sauce over the beans and cheese. Add the salsa along the sides of the bowl. Crush the baked chips over the salad. Top with chopped cilantro and jalapenos if desired.

**NUTRITIONAL INFORMATION**

**PER SERVING**

- 245 CALORIES
- 11 G FAT
- 38 CARB (7.5 G FIBER, 3 G SUGAR)
- 11 G PROTEIN
- 130 MG SODIUM