

# Cain's Corner

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Nutrition Tips from USAPEEC's  
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## Lightened-Up Chicken Nachos

While nachos do not typically top the charts as the "healthiest" of dishes, they still rank high as a crowd favorite. My "lightened-up" chicken nachos - made with homemade baked tortilla chips - are a great way to enjoy this special treat and still eat your veggies! And, why stop at chicken? \*Also try topping with shredded duck or turkey meat OR a fried egg!

1 package corn tortillas  
Salt and pepper, to taste  
2 Tbsp chipotle powder  
Olive oil for drizzling  
2 limes  
Pre-cooked shredded chicken\*  
1 avocado, sliced  
2 radishes, sliced then soaked in water  
1 bell pepper, chopped  
Shredded cheese of your preference  
1 jar salsa  
Hot sauce/red pepper flakes (optional)

1) Start by preparing your baked tortilla chips. Slice tortillas into triangles and spread evenly over a baking sheet. Lightly drizzle with olive oil, then sprinkle on salt, pepper, and chipotle powder to your liking.  
2) Bake in a 375 degree F oven until crispy. Squeeze fresh lime juice over chips after pulling out of the oven.  
3) Place a layer of chips in a cast iron pan or other baking dish. Top with shredded chicken (or duck or turkey) and bell pepper, then sprinkle cheese over the top. Place under the broiler for a few minutes until cheese melts.  
4) Remove from oven and let cool slightly. Spoon salsa, avocado, and radishes over top. For extra heat, add some hot sauce or red pepper flakes. Squeeze a lime over your nachos and enjoy!

