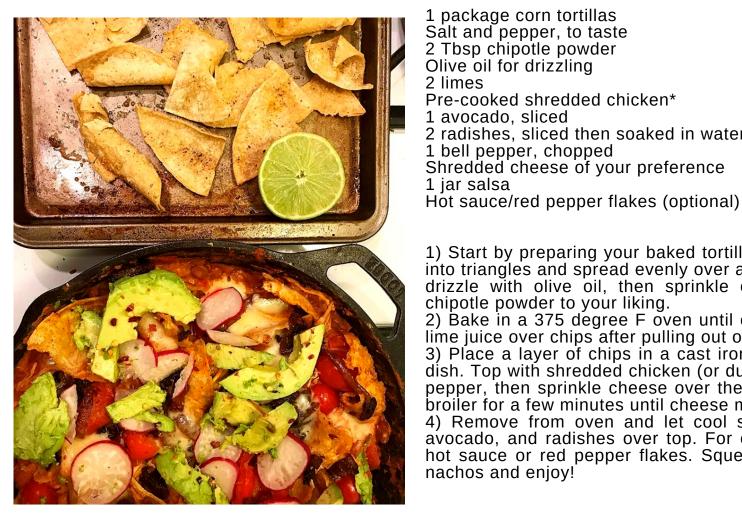
Cain's Corner

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Nutrition Tips from USAPEEC's Registered Dietitian





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

- 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 vour nachos and enjoy!

