Dinner, Latin American

Baked Chicken Nachos with Refried Beans

Corn tortillas are oven crisped, then layered with creamy refried beans, shredded chicken and melted Mexican style cheese. Each plate is finished with fresh tomato, salsa, avocado, lettuce and a spoonful of yogurt.



Nut free

40 min	250	25 g	3 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 8 small corn tortillas (cut into 6 pieces each)
- [ ] 1/2 tsp salt (optional)
- [ ] 15 ounces, 1 can refried beans (fat-free)
- [ ] 1/4 cup low sodium chicken broth (low-sodium)
- [ ] 1 lbs chicken breasts (boneless, skinless, cooked and shredded)
- [ ] 1/2 cup Mexican style cheese (reduced fat, shredded)
- [ ] 2 med tomato(es) (seeded and diced)
- [ ] 1/2 cup salsa
- [ ] 1 med avocado (seeded and diced)
- [ ] 2 cup lettuce (shredded)
- [ ] 1/2 cup plain nonfat Greek yogurt (non-fat)

Method

- [ ] 1 Heat the oven to 350 degrees F and coat one large or two small baking sheets with nonstick cooking spray.
- [ ] 2 Arrange the cut corn tortillas in a single layer on the baking sheets, mist the tops with nonstick cooking spray and sprinkle lightly with salt if you like.
- [ ] 3 Bake for 20 minutes, stirring every 5 minutes, until the tortilla pieces are lightly golden and crisp.
- [ ] 4 Tip the crisped corn tortillas into a baking dish coated with nonstick cooking spray and set aside.
- [ ] 5 Stir the low sodium chicken broth into the refried beans and pour the beans over the crisped tortillas.
- [ ] 6 Scatter the shredded chicken breasts over the beans and cover with the Mexican style cheese.
- [ ] 7 Bake on the top rack of the oven for 10-15 minutes, until the cheese is melted and starting to turn golden.
- [ ] 8 Divide the nachos among eight plates and top each with diced tomato, salsa, diced avocado, shredded lettuce and a spoonful of Plain Nonfat Greek yogurt.

Nutrition Facts

Per serving

Calories	250
Total fat	8 g
Saturated fat	2 g
Sodium	530 mg
Total carbs	25 g
Fiber	2 g
Total sugars	3 g
Protein	21 g

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