



COOKING FOR WELLNESS

CANCER SUPPORT COMMUNITY



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

Baked Nachos Grande Salad

4 servings

Prep: 15 minutes

Cook: 15 minutes

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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BAKED NACHOS GRANDE SALAD - RECIPE PAGE 1

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 $\frac{1}{2}$ 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.



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BAKED NACHOS GRANDE SALAD - RECIPE PAGE 2

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



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