



Nacho Same ol' Snack

Serves 2

Ingredients:

- 2 oz. unsalted tortilla chips
- ¼ cup black beans, rinsed
- ¼ cup low-fat cheddar cheese, shredded
- 1 plum tomato, deseeded and diced
- ¼ avocado, chunked
- ¼ cup Romaine lettuce, shredded

Materials:

- serving plates and spoons
- can opener
- colander
- cutting mat and knife

Directions:

1. Place chips on a plate.
Top with black beans and cheese.
2. Microwave on high for approximately 20 seconds.
3. Spread the tomatoes, avocados, and lettuce on the nachos.



Nutrition Facts			
Serving Size 1/2 of recipe			
Servings Per Container 2			
Amount Per Serving			
Calories 240		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 210mg			9%
Total Carbohydrate 25g			8%
Dietary Fiber 5g			20%
Sugars 1g			
Protein 8g			
Vitamin A 25%		Vitamin C 10%	
Calcium 8%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Adapted from: www.produceforkids.com