



Ingredients:

2 oz. unsalted tortilla chips ¹/₄ cup black beans, rinsed 1/4 cup low-fat cheddar cheese, shredded 1 plum tomato, deseeded and diced 1/4 avocado, chunked ¹/₄ 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.

Adapted from: www.produceforkids.com

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Nutrition Facts

Calories from Fat 110

Vitamin C 10%

 Iron 4% Percent Daily Values are based on a 2.000 calorie diet. Your daily values may be higher or lower

2,000

650

3000

250

2,400

% Daily Value*

18%

15%

2%

9%

8%

20%

2,500

300mg

2.400mg

80g 25g

30g

Serving Size 1/2 of recipe Servings Per Container 2

Amount Per Serving

Calories 240

Total Fat 12g

Saturated Fat 3g

Total Carbohydrate 25g

depending on your calorie needs Calories:

Less than

Less than

less than

Less than

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Dietary Fiber 5g

Trans Fat 0g

Cholesterol 5mg

Sodium 210mg

Sugars 1g

Vitamin A 25%

Calcium 8%

Saturated Fat

Total Carbohyd **Dietary Fiber**

Total Fat

Sodium

Cholesterol

Protein 8g