



CHILI CHICKEN NACHOS

MACROS | SERVING SIZE
Protein 33 g | Fat 17 g | Carbs 56 g

% CALORIES OF MACROS | SERVING SIZE
Calories 508 | Protein 26% | Fat 30% | Carbs 44%

NUTRIENTS | SERVING SIZE
Fiber 7 g | Sodium 565 mg | Sat. Fat 4 g

NOTE: Nutrition Analysis based on the rinsing and draining of the pinto beans and use of standard tortilla chips. To decrease the fat and/or sodium content consider using low-fat, unsalted, and/or multigrain chips. Sodium and fat content can also be lowered using lower fat and low sodium cheese.

INGREDIENTS (serves 6)

1 lb. boneless, skinless chicken breast
1 can chopped jalapeños, drained and reserved
1 half can corn, drained
1 half can pinto/red beans, drained
1 tsp. cayenne pepper
2 tablespoons freshly chopped cilantro (optional)
20 whole grain tortilla chips

1/3 cup shredded cheese
Handful fresh baby spinach leaves, torn into smaller pieces
½ cup non-fat Greek yogurt
Salsa

DIRECTIONS

- Preheat the oven to 350 degrees F.
- Slice the chicken in half, lengthwise. Begin cooking the chicken in a frying pan. Pour the reserved jalapeno juice on the chicken while cooking.
- As the chicken is cooking, line a baking sheet with tin foil and evenly distribute the chips then top with a layer of spinach.
- Once the chicken is fully cooked, put it on a plate and use two forks to shred the chicken.
- Layer with the beans and corn, the chicken, jalapeños, and top with the cheese.
- Sprinkle the cheese with the cayenne pepper, red pepper flakes and chopped cilantro.
- Put the nachos in the oven and bake for 10 minutes.
- Garnish with the Greek yogurt and salsa.

DIETITIAN TIP

It typically takes less time and effort to decrease the intake of 500 calories in the diet by reducing empty calories by preparing more meals at home than it does to burn these 500 calories at the gym.

NUTRITION EDUCATION

The USDA advises, "A small amount of empty calories is okay, but most people eat far more than is healthy." The main reason for the excess is the consumption of more meals and foods away from home. The term "empty calories" means the calories that come from the added solid fats and/or added sugars in foods, which makes the food high in calories but low in nutritional value.

When you think about nachos, is a big heaping plate from a stadium or restaurant? The average plate of restaurant nachos contains 1,500-2,000 calories and is typically high in fat and sodium. It can be hard to imagine making this dish at home to help maintain a healthy eating pattern. But believe it or not, a plate of nachos can be nutritious and a quick go-to meal containing nutritious foods from each food group if built correctly. In this meal, we have each food group covered; for most of them, it's high-quality nutrition. Making nachos at home gives you more control over the amount of unhealthy fat and empty calories you add to this dish while being more budget-friendly than eating out.

This meal helps reinforce three habits that can assist in maintaining a healthy eating pattern:

- Filling half their plate with fruits and vegetables
- Eating foods from all food groups
- Paying attention to the proportions of food groups on the plate

Add this meal to your weekly menu for busy nights or family fun. Play with different spices, such as cumin, chili powder, and red pepper, and fresh herbs, like cilantro, to keep the sodium in check.

