Loaded Turkey Nachos

Serves: 6 - 8
Cook time: 20 minutes
Ready in 20 minutes

Recipe submitted by: Christy Wilson, RDN
Recipe from: www.christywilsonnutrition.com

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#UALifeWork

Ingredients
- 1 tsp. chopped fresh oregano
- 1 small yellow onion, diced (about one cup)
- 1 red bell pepper, diced
- 3 roma tomatoes, diced
- 1 cup mushrooms, diced
- 1 cup fresh, frozen or drained and rinsed canned corn
- 2 cloves garlic, smashed and minced
- 1 pound lean ground turkey (93% lean)
- ¼ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon ground cumin
- ¼ teaspoon season salt
- Salt and pepper, to taste
- 1½ cups shredded Mexican blend cheese (or cheddar)
- Juice from 1-2 key limes
- ½ - 1 cup of chopped cilantro
- 1 avocado, diced

Baked corn tortilla chip

Directions
1. Heat a large nonstick skillet over medium high heat. Add onion and bell pepper to the pan and sauté for a minute then add tomatoes, mushrooms, corn and garlic. Sauté vegetables for two minutes and mix ingredients to combine.

2. While vegetables are cooking, season ground turkey with paprika, garlic powder, onion powder, Heat a large nonstick skillet over medium high heat. Add onion and bell pepper to the pan and sauté for a minute then add tomatoes, mushrooms, corn and garlic. Sauté vegetables for two minutes and mix ingredients to combine.

3. While vegetables are cooking, season ground turkey with paprika, garlic powder, onion powder, cumin, salt and pepper. Add meat to skillet and crumble with wooden spoon. Cook meat for about 5 minutes and stir all ingredients together. Reduce heat to low.

4. Squeeze fresh lime juice over meat mixture then evenly top it with shredded cheese. Cover pan until cheese melts (about 2 minutes).

5. For individual servings, place about one cup of meat mixture in the center of a medium sized plate. Line plate with about 1 ounce (10-15) of tortilla chips. Top with diced avocado, fresh cilantro and extra cheese.

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Nutrition Facts
Serving Size (190g)
Servings Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 340</th>
<th>Calories from Fat: 160</th>
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<tbody>
<tr>
<td>% Daily Value</td>
<td>3%</td>
<td>28%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>18g</td>
<td>8%</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<td>8%</td>
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<tr>
<td>Protein</td>
<td>19g</td>
<td>20%</td>
</tr>
</tbody>
</table>

*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       | 66g - 77g |
| Saturated Fat   | 22g - 25g |
| Cholesterol     | 300mg - 350mg |
| Sodium          | 2,400mg - 2,400mg |
| Total Carbohydrate | 330g - 375g |
| Dietary Fiber   | 25g - 30g |

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4
Loaded Turkey Nachos

Whether you’re feeding a crowd to watch “the big game” or feeding your family after a busy day at work, this Loaded Turkey Nachos dish will certainly satisfy. Made with lean turkey meat, a mountain of sautéed vegetables and topped with cilantro, cheese, freshly squeezed lime juice and creamy avocado, these nachos will not disappoint. Healthier than any restaurant version out there, this recipe delivers four grams of fiber and a whopping 19 grams of protein per serving. Want even more fiber and protein? Kick it up a notch by adding in one can (or about 2 cups) of pinto or black beans. Avoiding meat? Double this portion of beans and go meat free. Enjoy!

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My Recipe Notes:

For an added protein and fiber boost, add one can (or about 2 cups) of rinsed and drained pinto or black beans to the mix!

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