



Eat Well

Potato Nachos

Directions

Slice potatoes into small circles, about 1/4 inch thick. Lightly coat the potato slices with oil or cooking spray. Arrange slices on a baking sheet in a single layer. Bake in the oven at 450 degrees F for 25-30 minutes. While potatoes are cooking add ground turkey and chili powder to a skillet. Cook thoroughly, stirring over medium heat for 8-10 minutes or until turkey browns. After removing baked potatoes from the oven transfer them to a casserole dish. Top with turkey and sprinkle with cheese. Put back in the oven to melt cheese, about 2 minutes. Remove from oven and top with lettuce, tomato, cucumber, cilantro, and salsa.

Servings: 5

Ingredients

- » 1 pound small red potatoes, skins on
- » 2 tsp olive oil or cooking spray
- » 1 cup lettuce
- » 8 oz lean ground turkey
- » 1 medium tomato, diced
- » 3/4 cup cucumber, peeled and diced
- » 1/2 tsp chili powder
- » 1 tbsp cilantro, chopped
- » 1/2 cup reduce fat shredded cheddar cheese
- » 3/4 cup salsa

Nutrition information per serving:

Calories 210, Total Fat 8g, Sodium 260mg, Carbohydrates 22g, Protein 13g.

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