

Ground Turkey and Salsa Nachos

This appetizer recipe serving size is large enough to make it a meal. With crunchy low fat tortilla topped with ground turkey and cheese makes a snack or appetizer for when the gang unexpectedly drops over. You can use mild or hot salsa depending on your taste. If you really want to spice u this appetizer recipe, try adding some jalapeno peppers....but have some water handy as this will really fire up the taste.

This one is higher in fats, calories and points than many of the other appetizer recipes so be sure to save your points and calories to indulge in this snack for your next party.

Recipe Type: Appetizer, Main Dish, Meat, Side Dish

Degree of Difficulty: Moderately difficult

Ingredients

1 lb Ground Turkey Breast, 99% fat free
1 cup Ortega® Salsa Prima Homestyle Mild
1 (4-oz.) Can Ortega® Diced Green Chiles
½ cup Green Onions, sliced
1 cup Reduced fat Mexican Blend Cheese, shredded
80 each Tortilla chips, light



Directions

- 1 Combine ground turkey, salsa, chiles and green onions in medium skillet; cook for 5 minutes over medium heat until hot.
- 2 Cook until meat is browned and flavors are blended together.
- 3 Place corn chips on dinner plates. Scoop style chips work the best but just look for the whole wheat kind.
- 4 Fill chips (or top chips) with meat mixture and cheese.
- 5 Option: To melt the cheese, place in the microwave for about 15 - 30 seconds.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Nutrition Facts

Nutrition (per serving): 241 calories, 9g total fat, 3.8g saturated fat, 53.6mg cholesterol, 689.7mg sodium, 17.9g carbohydrates, 2g fiber, 1.4g sugar, 23.3g protein.

Servings: 8

Weight Watchers Points

Note: The ground turkey and veggies were not included in the calculation for the SmartPoints. The veggies are not included in the calculation of all other WW points.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 6

FreeStyle Smart Points: 6

Tips

Top these nachos with lots of tomatoes, lettuce and onions to give it even more flavor.

Web Page: <http://www.exercise4weightloss.com/appetizer-recipe-ground-turkey-nachos.html>