

# Black Bean Nachos

TOTAL TIME: 10 MINUTES 4 SERVINGS

HANDS ON TIME: 15 MINUTES

## Ingredients

- 6 oz. tortilla chips or about ½ a regular-sized bag
- 1 15-oz can black beans, drained and rinsed
- 2 medium tomatoes, finely chopped ( about 1 cup)
- 4 whole jalapeno peppers, thinly sliced (about ¼ cup)
- 1 scallion, thinly sliced (about ¼ cup)
- 1 ½ cup low-fat Monterrey jack cheese, shredded
- Garnished with chopped fresh cilantro and/or pico de gallo (optional)



Image: Goya Foods, Inc

## Directions

1. Arrange top oven rack in the upper third or half of the oven. Begin by heating the broiler.
2. Arrange the tortilla chips in single layer in a 12" skillet or any oven-safe pan.
3. Sprinkle black beans, tomatoes, jalapeno peppers, and scallions over chips. Then coat with Monterrey jack cheese evenly over chips and topping.
4. Carefully place the skillet into the broiler. Occasionally rotate the pan for even melting. Broil until cheese is bubbly and toppings are hot for about 3-5 minutes.
5. Remove from heat and let the skillet cool for 5 minutes before serving. Sprinkle cilantro and/or serve with pico de gallo, if desired.

*Recipe provided by "Goya Foods, Inc," 2014*

### ***Diet Tips and Facts***

- Good source of:
  - Vitamins A
  - Vitamin K
  - Calcium
  - Iron
  - Fiber
  - Protein
- Adequate calcium intake throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

### ***Nutrition Facts***

One serving - about 1 cup (259g)  
Calories - 457 (from Fat -109)  
Total Fat - 12g  
Saturated Fat - 6g  
Cholesterol - 28mg  
Sodium - 584mg  
Total Carbohydrates - 62g  
Dietary Fiber - 9g  
Sugar - 1g  
Protein - 26g

### ***Food Tip***

If possible, try to buy low sodium black beans or rise and drain regular canned beans. Diets lower in sodium have been shown to reduce the risks of cardiovascular disease.

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