

Healthy nachos

Guess what?! Nachos don't have to be naughty. And the best part? They're completely customizable! You can add whatever toppings you like. Here are some of our favorite nacho toppings...

On the Menu Healthy nachos featuring...

- Homemade chips
- Fajita vegetables
- Guacamole
- Salsa
- Cashew sour cream



Homemade tortilla chips

<https://stepawayfromthecarbs.com/home-made-low-carb-tortilla-chips/>

Yields: 6 servings

8 chips - 80 Calories, 13g Carbohydrates, 3g Protein, 2g Fat

Ingredients

- 6 low carb tortilla wraps
- olive oil spray
- 4 tbsp lime juice
- salt to taste

Instructions

Preheat the oven to 350F

Cut each wrap into 8 wedges

Spread out the wedges onto a baking sheet and lightly spray with olive oil. Sprinkle wedges with 2 tbsp lime juice and a generous pinch of salt, and bake for 5 minutes

Turn them all over, give another quick spray and sprinkle, and bake for another 5 minutes



Fajita vegetables

<https://cookingmadehealthy.com/fajita-vegetables/>

Yields: 6 servings

129 g - 46 Calories, 8g Carbohydrates, 1.5g Protein, 1g Fat



Ingredients

- 1 tsp olive oil spray
- 4 bell peppers
- 1 red onion
- 1 tbsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder
- ¼ tsp salt
- ½ tsp paprika
- ½ tsp dried oregano

Instructions

Add the oil to a skillet on high heat

Add the vegetables and let sit for 3 minutes before stirring, then an additional 2 minutes

Add in the spices and stir

Remove from heat and enjoy!

Ingredients

3 medium avocados
1 lime, juiced
1/3 cup red onion, minced
1 tbsp garlic powder
1 tbsp chopped cilantro
salt and pepper to taste

Instructions

Place the pulp from the avocados in a medium bowl and slightly mash with a fork leaving some large chunks. Add lime juice, salt, pepper, cilantro, red onion, garlic and mix thoroughly

If you are serving this at a later time, a great tip to keep the guacamole from turning brown is to cover it tightly with plastic wrap so no air gets in.

+ Guacamole

<https://www.skinnytaste.com>

Yield – 8 servings

1/4 cup – 93 Calories, 6g Carbohydrates, 1g Protein, 8g Fat



Ingredients

1 28 oz can whole tomatoes with juice
1/2 cup fresh cilantro
1/4 cup chopped onion
1 chopped jalapeno
1/2 tsp cumin
1 tbsp garlic powder

Instructions

Add all ingredients to a food processor and pulse 4-6 times to get desired consistency

Refrigerate before serving. Enjoy!



Salsa

+ <https://www.spendwithpennies.com/homemade-salsa-restaurant-style/>

Yield – 8 servings

1/4 cup – 37 Calories, 8g Carbohydrates, 1g Protein, 0g Fat

Ingredients

1.5 cups raw cashews, soaked
3/4 cup water
2 tbsp lemon juice
2 tsp apple cider vinegar
salt to taste

Instructions

Place cashews in a bowl and cover with water. Soak for at least 8 hours.

Place the drained cashews in a high-speed blender

Add the water, lemon, vinegar, and salt. Blend until super smooth. You might need to add a touch more water.

Transfer to an airtight container and chill in the fridge. The cream will thicken as it chills

+ Cashew sour cream

<https://ohsheglows.com/2016/03/>

Yield – 2 cup

2 tbsp – 80 Calories, 4g Carbohydrates, 3g Protein, 6g Fat
