

# Nachos for Dinner

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 [foodwhine.com/2016/08/nachos-for-dinner.html](http://foodwhine.com/2016/08/nachos-for-dinner.html)

## *Chips*

- Tortilla chips (look for multigrain/quinoa/flax, reduced fat, reduced salt)
- Pita Chips ([homemade recipe here](#))
- Naan chips
- Crackers
- Roasted Sweet Potato slices
- Bell Pepper wedges
- Roasted Zucchini slices
- Roasted cauliflower
- Jicama slices

## *Topping – Protein*

- Beans
- Lentils
- Cooked ground meat (turkey, chicken, beef, pork)
- Grilled meat, sliced (chicken, beef)
- Shrimp

## *Topping – Vegetables*

- Tomatoes
- Onions
- Bell peppers
- Corn
- Jalapeno peppers
- Broccoli florets
- Olives
- Mushrooms
- Avocados\*
- Cucumbers\*
- Shredded cabbage\*
- Shredded carrot\*

\*Add to nachos after cooking.

## *Seasonings*

- Mexican: lime juice, chili powder, cumin, cilantro, salsa
- Greek: lemon juice, Greek dressing, Tzatziki, hummus, oregano
- Indian: curry powder, chutney, Raita, cilantro
- Italian: pizza sauce, oregano, basil

### *Cheese*

- Cheddar
- Monterey Jack
- Feta (for Greek Nachos)
- Mozzarella (for Italian Nachos)
- Paneer (for Indian Nachos) – [make your own Paneer](#)

On a baking sheet, layer chips, protein, vegetables, seasonings and cheese. Bake, broil, or barbecue until warmed through (about 10 minutes).