

# 5 A Day Recipes

## Appetizers

### Black Bean Nachos

#### Serves 4

Provides 2 vegetable servings per person

Try these black bean nachos at your next party. They're low in fat, high in flavor, and have close to 2 servings of vegetables in each portion. Here's what to do: Coat 2 flour tortillas with pan spray and bake until crisp. Combine 1 cup of canned tomatoes,  $\frac{1}{2}$  cup of green onions, a can of drained and rinsed black beans in a saucepan. Then add chopped garlic, cumin and chopped green chiles. Bring it to a boil and let simmer for 5 minutes. Spread the bean mixture onto the crisp tortillas and scatter Monterey jack cheese over the top. Bake until heated through. Serve these delightful nachos with chopped cilantro sprinkled over the top.

- 2 large low-fat flour tortillas
- 1 15-ounce can reduced sodium black beans, rinsed and drained
- 1 cup canned no salt tomatoes, drained or 1 cup fresh chopped tomatoes
- 1 cup frozen corn kernels
- $\frac{1}{2}$  cup sliced green onions (scallions)
- 2 chopped garlic cloves
- 2 jalapeño chiles, seeded and chopped
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  cup low-fat, low-sodium Monterey jack cheese, grated
- $\frac{1}{4}$  cup chopped cilantro

1. Preheat the oven to 350°. Lightly coat the tortillas with pan spray and bake until crisp, about 10 minutes. Set aside.

2. While tortillas are baking, combine the beans, tomatoes, corn, green onions, garlic, green chiles, and cumin in a saucepan. Bring to a boil, reduce the heat, and simmer 5 minutes.

3. Divide the beans between the tortillas, top with cheese, and bake 5 minutes or until heated through. Scatter the cilantro over the nachos, cut in wedges, and eat.

#### Nutritional Analysis per serving:

207 calories  
2 g fat  
8% calories from fat  
1 g saturated fat  
4% calories from saturated fat  
41 g carbohydrates  
416 mg sodium  
12 g dietary fiber