



Elliott Evans Nutrition, LLC
Prevent and Protect
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HEALTHY WHEAT-CRACKER “NACHOS”

Cooking Light – December 2011

Serves 4

- 1 cup fresh corn kernels
- 6 ounces reduced-fat wheat crackers (such as Triscuit)
- ½ cup (2-ounces) shredded cheddar
- 1/3 cup (1½ ounces) shredded Monterey Jack cheese
- ¼ cup lower-sodium mild green salsa
- 3 tablespoons (1½ ounces) 1/3-less-fat cream cheese, softened
- 1 15-ounce can organic black beans, rinsed and drained
- ½ teaspoon kosher salt, divided
- 2 cups thinly sliced romaine lettuce
- 1 cup chopped plum tomato
- 1 cup chopped peeled avocado

- Preheat broiler to high
- Arrange corn in a single layer on a heavy-duty baking sheet; broil 6 minutes or until lightly browned, stirring once
- Arrange crackers in a single layer on a baking sheet; top evenly with cheddar and Monterey Jack cheeses. Broil 3 minutes or until cheese is bubbly and crackers are lightly toasted. Divide crackers evenly among 4 plates. Combine salsa, cream cheese, and beans in a food processor. Add ¼ teaspoon salt to salsa mixture; pulse until mixture is chunky and well blended.
- Arrange ½ cup lettuce over each serving, and top each with about 6 tablespoons bean mixture, ¼ cup corn, ¼ cup tomato, and ¼ cup avocado.
- Sprinkle evenly with remaining ¼ teaspoon salt.