

Nachos anyone?

LOW CARB NACHOS



I love nachos! Something about the blend of Mexican seasoning, cheese, tortillas... the whole thing. A typical corn tortilla is about 10.71g. of carbs. Not too bad if you're only going to use only one tortilla for your nachos. Thank goodness for low carb tortillas that can be found in most stores. Now the only thing we need to control is how much we eat! Hope you enjoy them as much as I do.

- 4 low carb tortillas
- 1 cup of Mexican cheese
- 1 lb. of chicken or steak.

- 1 tsp.Cumin powder
- 1 tsp. Mexican seasoning
- Guacamole (optional)
- 1/2 cup of sour cream (optional)
- 1 small onion (optional)
- 2 servings of spinach
- A few asparagus
- Lettuce and tomatoes(optional)
- 1/4 cup of sliced olives
- 1 Tbsp. Chipotle ranch salad dressing
- 1/2 cup of salsa.

- Blend the lettuce, tomatoes, olives, chipotle ranch dressing, and red onions into a salad mixture.
- Cut the tortillas into 4 quarters.
- Fry the tortilla quarters until brown and crisp.
- Cut the meat into strips and sauté until done.
- Spread tortillas on plates.
- Spread the vegetable blend.
- Add meat, cheese, vegetable mixture, guacamole, sour cream, and salsa.

COMMENTS: You can be very creative with this dish. Sometimes I create a chopped salad with olives,tomatoes, and any other favorite ingredients. Then put it all on top of a bed of tortilla chips.

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