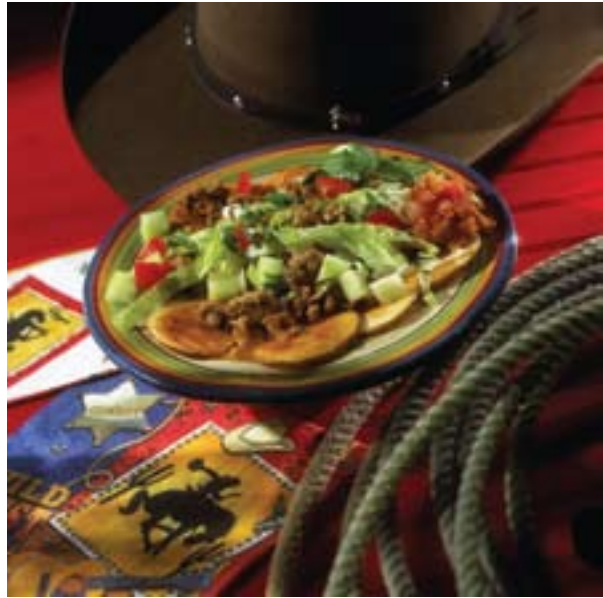


Ranch Hand Nachos

Preparation time: 40 minutes

- 1 lb. small red bliss potatoes, skins on
- 3 seconds cooking oil spray
- 8 oz. extra lean ground turkey breast
- ½ teaspoon chili powder
- ¼ cup reduced-fat cheddar cheese, shredded
- 1 cup iceberg lettuce, shredded
- 1 medium tomato, diced
- ¾ cup cucumber, peeled and diced
- 1 tablespoon cilantro, chopped
- ¾ cup salsa, mild



Slice potatoes into small circles. Coat them with cooking oil spray for 3 seconds. Bake in the oven at 450°F for 25-30 minutes, depending on desired darkness. Brown ground turkey breast with chili powder in pan over MEDIUM heat for 8-10 minutes. Remove potatoes from the oven and turn off. Place the potatoes on a small oven safe platter or long dish. Top with cheese and turkey, put back in the oven to melt, about 2 minutes. Remove from oven and top with lettuce, tomato, cucumber, cilantro, and salsa.

Serves: 5

1 Cup of Vegetables per Serving

Fruit and/or Veggie Color(s): Red, White, Green

Nutrition information per serving: calories: 178, total fat: 2.8g, saturated fat: 0.7g, % calories from fat: 14%, % calories from saturated fat: 3%, protein: 18g, carbohydrates: 22g, cholesterol: 21mg, dietary fiber: 4g, sodium: 441mg

Each serving provides: An excellent source of vitamin C, and a good source of vitamin A, potassium and fiber.

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

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