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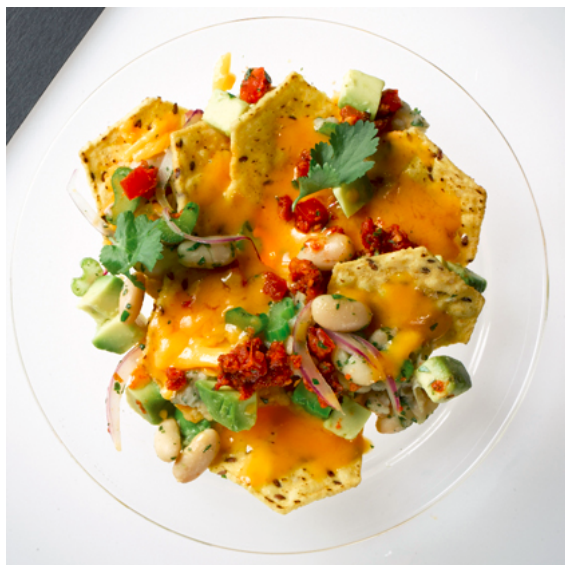
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Yield: Makes: 4 servings (serving size: 10 chips plus toppings)

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Nutritional Information

Calories per serving:	393
Fat per serving:	16g
Saturated fat per serving:	5.2g
Monounsaturated fat per serving:	6.6g
Polyunsaturated fat per serving:	1.6g
Protein per serving:	18g
Carbohydrates per serving:	43g
Fiber per serving:	9g
Cholesterol per serving:	20mg
Iron per serving:	4mg
Sodium per serving:	571mg
Calcium per serving:	304mg

Good to Know

These munchies have 18 grams of energizing protein and 9 grams of fiber.

Frances Boswell

Ingredients

- 1 teaspoon olive oil
- 1 (15.5-oz) can cannellini beans, rinsed and drained, divided
- 1 tablespoon cilantro leaves, finely chopped, plus leaves for garnish
- 3 tablespoons fresh lime juice, divided
- 1 rib celery, thinly sliced
- 1/4 red onion, thinly sliced
- 4 ounces multigrain tortilla chips
- 4 ounces reduced-fat cheddar cheese, grated
- 1/2 avocado, diced
- Salsa (for serving)

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Preparation

1. Preheat oven to 400°F.
2. In a medium bowl, mash the oil, 1 cup beans, chopped cilantro, and 2 TBSP lime juice. In another bowl, toss the celery, onion, 3/4 cup beans, and 1 TBSP lime juice.
3. Spread chips on a baking sheet; cover with the cheese. Bake until cheese melts.
4. Top the hot nachos with the bean mixtures, avocado, and salsa; garnish with cilantro leaves.

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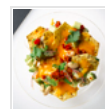
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Recipe of the Day



Power Nachos

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