

Minute Microwave Crunchy Nachos

2 slices American Cheese
3/4 cup cooked, spicy beef
3/4 cup shredded cheddar cheese
1 Tbsp Salsa
1 Tbsp guacamole
1 Tbsp Sour Cream
10 Black olive slices
8 Jalapeno slices

Cut American cheese slices into smaller rectangles (Usually 4-6 per slice). Place on a piece of parchment paper about 1-2" apart (the cheese spreads) and microwave on high for 45 seconds. Place chips on a plate. Top with hamburger and then cheese. Microwave for another 20 seconds. Top with black olives, jalapeno slices and serve with sour cream, guacamole and salsa.

Makes 8-12 nachos.

Nutritional information for nacho chips alone: Calories: 172, Carbohydrates: 2 g, Fiber: 0 g, Net Carbohydrates: 2 g, Protein: 10 g, Fat: 13.6 g

Nutritional information for nachos as pictured: Calories: 708, Carbohydrates: 6.9 g, Fiber: 1.7 g, Net Carbohydrates: 5.2, Protein: 42.3 g, Fat: 56.4 g