

Neat Little Nachos

Number of Servings: About 1

Ingredient

2 Tbsp. part skim mozzarella shredded cheese

2 Tbsp. mild home-style salsa

1 each 4" whole wheat pita bread

Nutrients per serving

(73g)	out o	Chips Lo	aucu
Servings Per Co	ontain	er About	1
Amount Per Serving	1		
Calories 130	Cal	ories fron	n Fat 30
		% Da	aily Value
Total Fat 3.5g			5%
Saturated Fat	2g		10%
Trans Fat 0g			
Cholesterol 10	mg		3%
Sodium 440mg			18%
Total Carbohyo	irate	18g	6%
Dietary Fiber	3g		12%
Sugars 1g			
Protein 7g			
Vitamin A 6%	•	Vitamin (2 8%
Calcium 10%	•	Iron 4%	
*Percent Daily Values diet. Your daily values depending on your ca Cal	s may b	e higher or	
Total Fat Les Saturated Fat Les Cholesterol Les	s than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg

Instructions

- 1. Preheat oven to 350 degrees F.
- 2. Cut pita into quarters and break apart each piece. You will have 8 triangular pieces.
- 2. Bake pita slices in oven for 5-8 minutes or until crisp and golden brown.
- 3. Place sliced pita chips on tray.
- 4. Cover all sliced pita chips with salsa and cheese.
- 5. Place back in oven until cheese melts, about 2 minutes.
- 6. Remove and allow cooling for a few minutes.

This recipe can be part of a well balanced food plan.

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