

NOURISHING NACHOS

Course: Lunch or Dinner

Prep. Time: 15 minutes

Servings: 8

CACFP: 1/2 C. vegetable &

2 oz. meat (grain served on the side)



INGREDIENTS

- 1 lb. Boneless skinless chicken breast, baked and pulled
- 1 Tbsp olive oil
- 2/3 C. Green onion, finely chopped
- 2 Cloves of garlic, minced
- 1 C. Green bell pepper, diced
- 1 C. Tomatoes, diced
- 1 1/3 C. Canned black beans, drained and rinsed
- 1 Tsp Chili powder
- 1 Tsp Ground cumin
- 1/2 Tsp salt

INSTRUCTIONS

1. Heat oil in a large sauté pan and add garlic and onion, stirring constantly.
2. Reduce heat and add black beans, tomatoes, bell peppers, and seasonings.
3. Add shredded chicken and continue cooking until heated through.
4. To complete the reimbursable meal, serve whole grain tortilla chips on the side (grain component).