



Grilled Foil Chicken Nachos

Prep: 10 minutes

Grill: 10 minutes • Serves: 6

- 1 bag (9 ounces) white corn tortilla chips
- 1½ cups chopped roasted chicken breast
- 2 cups shredded Mexican blend cheese
- ¼ cup chopped red onion
- ¼ cup sour cream
- 1½ teaspoons fresh lime juice
- 1 teaspoon adobo seasoning
- 1 Roma tomato, chopped
- ½ large avocado, chopped
- 2 cups classic coleslaw mix
- ¼ cup drained pickled jalapeño slices

1. Prepare outdoor grill for direct grilling over medium heat.

2. On work surface, overlay 2 (12 x 20-inch) sheets nonstick aluminum foil; crimp edges to form a “boat.” Evenly spread tortilla chips over foil; top with chicken, cheese and onion. Grill, covered, 8 minutes or until cheese melts.

3. In medium bowl, whisk sour cream, lime juice and seasoning. Add tomato, avocado, coleslaw and jalapeño; toss to combine. Top nachos with coleslaw mixture.

Approximate nutritional values per serving:

438 Calories, 25g Fat (9g Saturated), 69mg Cholesterol, 673mg Sodium, 34g Carbohydrates, 2g Fiber, 3g Sugars, 0g Added Sugars, 22g Protein

Dietitian’s Dish

> *Prep time can be cut down greatly by cooking up meats in larger batches and using them in various recipes.*