

High Protein Nachos

Kitchen # _____

- 1 cup pre-seasoned taco meat
- 1/2 cup black beans, drained
- 1/2 cup salsa
- 1/4 cup corn (optional)
- 1 tbsp pickled jalapeno peppers
- 1 cup shredded cheese
- 1/2 an avocado, sliced
- Tortilla chips
- Lime juice (fresh or concentrated)



Preheat the oven to 350 degrees. In a large non-stick skillet over medium heat, combine the taco meat, black beans, corn and salsa. Cook until combined and heated throughout. Cover a pizza pan with foil. Spread chips out on the foiled covered pizza pan. Top with the warmed taco meat mixture and sprinkle cheese and jalapeno peppers on top. Bake for 7-10 minutes. Remove from the oven and top with avocado slices and a little lime juice over the top. Divide into individual portions; Serve hot!

- _____ Preheat the oven and cover the pizza pan with foil.
- _____ Measure the meat; add to the skillet
- _____ Measure the black beans, drain; add to the skillet
- _____ Measure the corn; add to the skillet
- _____ Measure the salsa; add to the skillet
- _____ Combine meat, beans, salsa; cook until well heated
- _____ Spread tortilla chips on foil covered pan; add meat mixture
- _____ Measure cheese; grate if necessary; sprinkle over nachos
- _____ Measure jalapeno peppers; sprinkle over nachos
- _____ Prepare and slice the avocado; sprinkle over the nachos
- _____ Place/Remove nachos in/out of oven; sprinkle with lime juice

- _____ Wash dishes & place dirty towels in laundry basket
- _____ Rinse & dry dishes & sink/faucet area
- _____ Put dishes away & place recipe in teachers basket
- _____ Wipe off counters, stove, microwave & table
- _____ Empty garbage & sink drains & sweep the floor

Pre-Lab Questions

1. The recipe says to use “taco meat”. What types of meat might be used?
2. Name the ingredient(s) that would need to be eliminated from this recipe if we were serving it to a vegan?
3. Name the ingredient(s) that would need to be eliminated from this recipe if we were serving it to a lacto-ovo vegetarian?

4. Identify the food groups represented in this recipe by ingredient.

Fruits	Vegetables	Grains	Proteins	Dairy

5. What temperature must the oven be preheated to?
6. What must we do to the pizza pan prior to adding our tortilla chips? Why?
7. Name 5 pieces of equipment (not appliances) needed to prepare this recipe.
8. Would you consider this to be a versatile and economical recipe? Explain why or why not?