

Nachos (Serves 4)

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Nachos are always a crowd pleaser at any gathering. Unfortunately they are generally high in salt and fat so not so good for our waist line or heart health. However, if we swap a few ingredients like kidney beans instead of bacon, natural yoghurt instead of sour cream and add a few more vegetables; we can really cut back the salt and fat in this recipe, while also adding a good fibre hit. Why not try this healthier version of nachos at your next party.

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
1 tablespoon butter	Olive oil instead of butter to reduce saturated fat.	1 tablespoon olive oil
1 small red onion, diced	Extra vegetables to increase vitamins, minerals and fibre.	1 small red onion, diced 3 large mushrooms, diced 1 small green capsicum, diced ½ 420g tin corn kernels, no added salt, drained and rinsed
250g middle rasher bacon	Substitute kidney beans for bacon to reduce saturated fat, salt and increase fibre. Kidney beans work well as a meat substitute in this Mexican dish. If you still want to use bacon, swap for eye fillet and trimming all visible fat.	½ 420g tin red kidney beans, no added salt, drained and rinsed
400g tomato salsa	Swap salsa for diced tomatoes to reduce salt.	400g tin no added salt diced tomatoes
175g cheese flavoured corn chips	Using unsalted corn chips instead will reduce both fat and salt in this recipe.	175g unsalted corn chips
1.5 cup shredded cheese	Changing to reduced fat cheese will cut back the saturated fat in this recipe.	1½ cup reduced fat shredded cheese
1 small avocado 2 tablespoon lemon juice	None.	1 small avocado 2 tablespoons lemon juice
200g sour cream	Natural yoghurt is an excellent alternative to sour cream that is lower in fat and higher in calcium.	200g natural yoghurt, reduced fat

Method

- Heat olive oil in a non-stick frying pan over medium heat. Add diced onion, mushrooms and capsicum. Cook for 5 minutes or until softened. Stir through corn, kidney beans and diced tomatoes. Cook for a further 5 minutes or until heated through. Remove from stove.
- Preheat oven to 200°C. Line a baking dish with baking paper. Use half of the corn chips to layer on the bottom of the tray. Top with half of the vegetable mixture. Sprinkle half of the cheese. Repeat with remaining ingredients to finish the second layer. Cover with alfoil and bake for 15 minutes. Remove alfoil and bake for further 5 minutes until golden.
- While the nachos are cooking, remove avocado seed and mash using a fork. Add lemon juice to prevent from discolouring.
- Serve nachos topped with avocado and natural yoghurt.

Nutritional Comparison

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy (kJ)	3844	1005	2405	504
Protein (g)	26.6	6.9	25.7	5.4
Fat total (g)	74.7	19.5	30.2	6.3
– Saturated fat (g)	38.9	10.1	11.6	2.4
Carbohydrate (g)	32.8	8.6	42.8	9.0
Fibre (g)	6.2	1.6	10.6	2.2
Sodium (mg)	1986	519	499	105