

Cracker Nachos

Using whole grain crackers in place of tortilla chips reduces the fat and increases the fibre in this recipe. Enjoy this as a snack or an appetizer.



Ingredients:

20	Low sodium whole wheat crackers	20
½ cup	Grated reduced fat cheddar cheese, 18% M.F.	125 mL
2	Green onions, chopped	2
½	Green bell pepper, chopped	½
⅓ cup	Grated reduced fat cheddar cheese, 18% M.F.	75 mL
¼ cup	Salsa	60 mL

Directions:

1. Preheat oven to 350°F (175°C).
2. Place crackers close together on a baking sheet.
3. Sprinkle ½ cup (125 mL) grated cheese on the crackers.
4. Sprinkle with the onion and green pepper. Add ⅓ cup (75 mL) of grated cheese on top.
5. Bake in oven for 15 minutes.
6. Remove from oven and spoon a small amount of salsa on top of each cracker and serve immediately.

Makes 5 servings (4 crackers / 71 g)

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Nutrition Facts	
Per 1/5 of recipe (4 crackers/ 71 g)	
Amount	% Daily Value
Calories 130	
Fat 6 g	9 %
Saturated 2.5 g + Trans 0 g	13 %
Cholesterol 10 mg	
Sodium 260 mg	11 %
Carbohydrate 13 g	4 %
Fibre 2 g	8 %
Sugars 1 g	
Protein 7 g	
Vitamin A	8 %
Vitamin C	20 %
Calcium	15 %
Iron	6 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in potassium	150 mg
High in calcium	188 mg
Source of magnesium	27 mg
Source of iron	0.7 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	½
Milk and Alternatives	½
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.