



Nacho recipe GREEN

For a **GREEN** nachos recipe, use a handful of pita chips rather than corn chips, which will make the recipe **AMBER** or **RED**

Ingredients (per serve):

- Pita / flat bread chips – the equivalent of half to 1 pita bread
- 2 tablespoons salsa/ passata sauce or bolognaise sauce as per School Food Matters recipe
- 2 tablespoons reduced fat grated cheese
- 1 tablespoon or more of additional vegetables eg: grated carrot, refried beans, kidney beans, avocado, lettuce, corn, tomato, cucumber
- Optional: reduced fat plain or Greek yoghurt.
(avoid sour cream as it is rated **RED**)
- Optional: Sweet chilli sauce for some spice.

Method

- To make the pita bread / flat bread chips: Cut the bread into triangles. Place on a baking tray, heat in a low oven until the bread becomes crisp. These will store well in an air-tight container.
- Top with salsa / bolognaise sauce and cheese, then return to the oven until the cheese melts
- Add vegetable toppings, and yoghurt / sweet chilli sauce if desired and serve.