



Saucy Chick BBQ Nachos



1/5th of recipe (about 12 loaded chips): 229 calories, 3g total fat (<0.5g sat. fat), 875mg sodium, 26g carbs, 1.25g fiber, 7g sugars, 21g protein

Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

4 oz. (about 60) baked tortilla chips
10 oz. canned 98% fat-free chunk white chicken breast in water, drained and flaked
1/2 cup BBQ sauce with 45 calories or less per 2-tbsp. serving
1 cup shredded fat-free cheddar cheese
2 tbsp. chopped scallions
Optional topping: fat-free sour cream

Directions

Preheat oven to 350 degrees. Spray a large ovenproof platter or baking sheet with nonstick spray.

Spread out tortilla chips on the platter or sheet.

In a small bowl, mix chicken with 1/4 cup BBQ sauce. Evenly spoon over the chips.

Sprinkle chips with cheese and drizzle with remaining 1/4 cup BBQ sauce.

Bake until toppings are hot, 8 to 10 minutes.

Sprinkle with scallions and enjoy!!!

MAKES 5 SERVINGS

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