



Zucchini Nachos



Entire recipe: 191 calories, 6g total fat (3g sat. fat), 804mg sodium, 24g carbs, 6g fiber, 10.5g sugars, 11.5g protein

Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

1/4 cup fat-free refried beans
1/2 tsp. taco seasoning
8 oz. (about 1 medium) zucchini, sliced into 1/4-inch coins
Dash salt
2 tbsp. shredded reduced-fat Mexican-blend cheese
2 tbsp. salsa
2 tbsp. light sour cream
2 tbsp. chopped scallions
Optional topping: jalapeño slices

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a small bowl, mix beans with 1/4 tsp. taco seasoning.

Lay zucchini coins on the baking sheet, and sprinkle with salt and remaining 1/4 tsp. taco seasoning.

Bake until slightly tender, about 10 minutes, flipping halfway through.

Move zucchini coins to the center of the sheet, and top with seasoned beans and cheese.

Bake until cheese has melted, about 3 minutes.

Top with salsa, sour cream, and scallions.

MAKES 1 SERVING

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