

## **Appetizers**

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# **Chicken Nachos**

Crystal Bruns - Iliff, CO

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**Servings: 8**

**6 cups nacho tortilla chips**  
**1/4 cup onion, finely chopped**  
**3 cloves garlic, minced**  
**1 tablespoon canola oil**  
**3 cups cooked chicken breasts, shredded**  
**2 tablespoons taco seasoning**  
**1 cup salsa**  
**1 cup (4 oz) Colby-Monterey Jack cheese, shredded**  
**1 plum tomato, seeded and diced**  
**2 green onions, diced**

Preheat the oven to 350 degrees.

Arrange the tortilla chips on a 12-inch pizza pan coated with cooking spray.

In a large skillet, cook and stir the onion and garlic in oil until tender.

Add the chicken and taco seasoning. Stir in the salsa. Heat through.

Spoon the mixture over the chips. Sprinkle with cheese.

Bake for 10 to 14 minutes or until the cheese is melted.

Top with tomato and green onions.

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Per Serving (excluding unknown items): 31 Calories; 2g Fat (49.8% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 142mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat.