

Crudite Nachos with Lime Crema

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Servings: 6

2 tablespoons extra-virgin olive oil
1 small yellow onion, diced
1 clove garlic, minced
2 teaspoons chili powder
1 teaspoon ground cumin
1 can (4 ounce) diced green chilies
1 can (15.5 ounce) black beans, drained and rinsed
Kosher salt
freshly ground pepper
1/2 small red onion, diced
1/4 cup apple cider vinegar
3/4 cup plain Greek yogurt
juice of one lime
pinch cayenne pepper
1/4 English cucumber, thinly sliced on an angle
1 jicama, peeled, halved and thinly sliced
5 radishes, thinly sliced on an angle
2 heads Little Gem lettuce, leaves separated
Diced cilantro (for topping)
chopped pickled jalapenos (for topping)
chopped fresh cilantro (for topping)
crumbled cotija cheese (for topping)

Make the beans: Heat the olive oil in a large skillet over medium-high heat. Add the yellow onion. Cook until almost translucent, about 4 minutes. Add the garlic and cook until softened, about 1 minute. Stir in the chili powder and cumin until combined.

Add the green chilies, beans, 1/2 cup of water, 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a simmer. Reduce the heat to medium-low. Cook, stirring occasionally, until most of the liquid has evaporated, about 8 minutes. Set aside.

Meanwhile, make the pickled red onion: Combine the red onion, vinegar and 1/4 cup of water in a small bowl. Let stand until bright pink and slightly softened, 10 to 15 minutes. Drain.

Make the crema: Combine the yogurt, lime juice, cayenne, 4 teaspoons of water and 1/2 teaspoon of salt in a small bowl.

Arrange the cucumber, jicama, radishes and lettuce on a platter. Top with the bean mixture, crema, avocado, jalapenos, pickles red onion, cilantro and cheese.

Per Serving (excluding unknown items): 212 Calories; 5g Fat (21.9% calories from fat); 9g Protein; 34g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.