

Appetizer

Macho Nacho

Palm Beach Post

1 pound ground chorizo (Spanish or Mexican sausage)

5 ounces corn tortilla chips

6 ounces (2 cups) Mexican cheese, shredded

1/2 cup red onion, diced

1 fresh jalapeno, sliced

1/4 cup torn fresh cilantro

1/2 cup green onions, sliced

Preheat oven to 475 degrees.

Cook chorizo in a skillet over medium-high heat, stirring frequently. When done, drain the meat thoroughly.

Arrange the chips in a single layer on a baking sheet or ovenproof platter. Sprinkle chips with half the cheese. Spoon meat over top; covering each chip with meat. Sprinkle meat with other half of cheese. Sprinkle chips with red onion and dot with slices of jalapeno.

Bake nachos for 4 to 6 minutes, or broil, until cheese is melted and bubbly.

Garnish with cilantro and green onions.

Per Serving (excluding unknown items): 46 Calories; trace Fat (3.4% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 2 Vegetable.