



# Turkey Nachos

## with Homemade Tortilla Chips

Makes 4 servings ~ \$8.62 (\$2.16 per serving)

### Homemade Tortilla Chips (Cost: \$.40)

3 to 4 leftover corn tortillas

Canola oil spray

1/2 tsp. sea salt

1. Cut the tortillas into triangles. A 12" round pizza pan with holes is best to have the chips cook on both sides.
2. Spray triangles with oil on each side. Place triangles on the pan – they can be close together for baking.
3. Bake for 10 minutes at 350°. (Check chips at 8 minutes to be sure they don't brown too much on top.) Add salt and serve.

### Ground Turkey, Bell Peppers and Onions (Cost: \$6.93)

Cooked ahead for the week, can be used in 2 to 4 other recipes.

2 lbs. ground turkey, dark meat

1/2 tsp. sea salt

1 red onion

1/2 tsp. lemon pepper

1 bell pepper, diced

1/4 tsp. red chile

#### Directions

1. Sauté the onions in olive oil, salt and pepper until translucent. Add the peppers and cook for 3-5 more minutes.
2. Add the ground turkey, break into smaller pieces in the pan. Add the spices and complete the cooking process.
3. Cool and save in a glass dish to use in additional meals for the week.

## Turkey Nachos

Homemade tortilla chips

2 Tbsp. Jack cheese, shredded

1/2 cup cooked Pinto beans

1 lb. ground turkey from above

Salsa (tomato, jalapeños, cilantro, red onion, lime)

1. To make salsa: Dice the onion and tomato to a similar size. Dice the jalapeño to a smaller size. Combine and top with cilantro and lime juice. Salsa can be increased by adding more tomatoes and onions throughout the week.
2. To assemble nachos: Re-heat the turkey. Add 1/2 cup of beans to the bottom of a dish. Add 1/2 cup of turkey mixture on top. Add 1/4 cup salsa on turkey. Top with 2 Tbsp. cheese and serve with homemade tortilla chips on the side.

Recipe courtesy of Amy Hetager and Zahira Carr.

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