



Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

Quick and Nutritious Nachos?

Leading public health officials have stated eating away from home is perhaps the leading factor in the growing obesity crisis facing America. Studies show that cooking at home leads to a more nutritious diet. Through the years, nutrition experts have consistently advised that cooking at home is one of the best strategies to reach and maintain optimal health and combat obesity. This is because people can actively control their portion sizes and be more mindful and choosy over the ingredients and products they use in preparing their meals. Yet, cooking at home has fallen to an all-time low.

Food items and meals that are prepared by restaurants (from fast-food to fine dining) and supermarkets typically are higher in "empty calories" and lower in nutrients than foods that are cooked at home. The term "empty calories" means the calories that come from the added solid fats and/or added sugars in foods which makes the food high in calories, but low in nutritional value. The USDA advises, "A small amount of empty calories is okay, but most people eat far more than is healthy." A main reason for the excess is the consumption of more meals and foods away from home.

For example, on average, a plate of nachos served in various leading restaurants chains can contain anywhere between 1,500-2,000 calories and 70-125 grams of fat while grossly exceeding the daily limits for sodium. The items and ingredients used to prepare these nachos are unnecessarily highly processed foods and high in fat. In addition, the portions are much larger than a recommended serving size.

You can prepare a more nutritious and tasty plate of nachos for your family at home while saving a few dollars. This meal solution shows how using a few easy "tweaks" will make a wholesome, family pleasing and filling plate of nachos while keeping the calorie, sodium and fat levels in check.



Directions: Serves 4

1. Begin cooking one lb. of fresh or thawed frozen ground turkey in a frying pan.
2. As the turkey is cooking and begins to brown, add one can of fat-free refried beans and then season the mixture with one can of chopped green chiles (undrained) or 1tsp. of ground cumin.
3. When the ground turkey is completely cooked (no more pink is showing), season it with 2 tablespoons of freshly chopped cilantro and garlic powder to taste.
4. Place about 15-20 chips on a plate, top with ½ cup the turkey and bean mixture and 1/3 cup of shredded cheese, and then microwave on high for about 1 minute or until the cheese is melted.

5. Remove chips from the microwave and top with a large handful of fresh baby spinach leaves, diced tomatoes, and about 2 tablespoons of non-fat Greek yogurt and salsa.
6. Repeat steps 3 and 4 for each additional plates.
7. Serve a half a mango with each plate of nachos.

Notes:

- Lean hamburger or diced boneless skinless chicken breast can be used in place of ground turkey.
- For a tasty twist, consider chopping up the mangos and serving on top of the nachos.
- Use the left over chips and filling and mix with other fresh greens and vegetables for two taco salad for future lunches.

DISCLAIMER: You may use any like products of any brand in making this healthy choice meal. The pictures here are not an endorsement of these products.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](https://www.commissaries.com/healthy-living/healthy-eats.cfm) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](https://www.commissaries.com/healthy-living/healthy-eats.cfm)