



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

## Dietitian's Dish

Even if you're "**Homegating**" for the Big Game, planning a game-worthy menu will bring some normalcy to a less-than-normal time. There are some advantages to serving a menu to a smaller viewing audience.

Enjoy some old favorites - but in a **NEW** way.

These foil packet nachos offer convenience from fresh ingredients that are already chopped and cooked, plus the disposable foil used for cooking and serving up the nachos. Less waste, less mess and less time to clean-up makes for a winning recipe for any occasion!

If you've already got the grill fired up, these are a quick-cooking addition. But, they're also easy enough to throw in the oven to bake. The great thing about nachos is that you can add as many fresh toppings that you want. The coleslaw, tomatoes, and avocado are just the start for this party favorite!



**Pile on some extra avocado - it's full of nutrients which help lower blood pressure (magnesium, potassium, and niacin).**

## Grilled Foil Chicken Nachos

### Ingredients:

- 1 bag (9 ounces) white corn tortilla chips
- 1-1/2 cups chopped rotisserie chicken breast
- 2 cups shredded Mexican blend cheese
- 1/4 cup chopped red onion
- 1/4 cup sour cream
- 1-1/2 tsps. fresh lime juice
- 1 tsp. adobo seasoning
- 1 Roma tomato, chopped
- 1/2 large avocado, chopped
- 2 cups classic coleslaw mix
- 1/4 cup drained pickled jalapeño slices



### Directions:

1. Prepare outdoor grill for direct grilling over medium heat. If baking in an oven, preheat to 350°F.
2. On work surface, overlay 2 (12 x 20-inch) sheets nonstick aluminum foil; crimp edges to form a "boat." Evenly spread tortilla chips over foil; top with chicken, cheese and onion. Grill or bake, 8 minutes or until cheese melts.
3. In medium bowl, whisk sour cream, lime juice and seasoning. Add tomato, avocado, coleslaw and jalapeño; toss to combine. Top nachos with coleslaw mixture.

Recipe (adapted) and image source: [InSeasonzine.com](http://InSeasonzine.com).