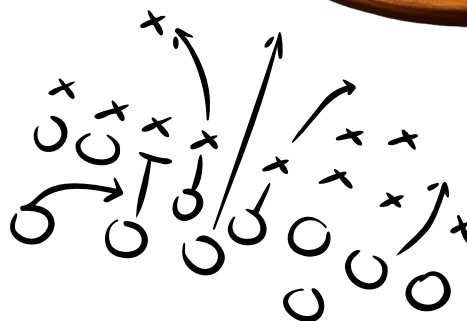


Loaded Nachos



Ingredients:

- Tortilla chips
- 1 lb ground beef or turkey
- 1 packet taco seasoning
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1 can black beans, drained and rinsed
- 1 cup diced tomatoes
- 1/2 cup sliced jalapeños (optional)
- 1/2 cup sliced black olives
- 1/2 cup sour cream
- Fresh cilantro, chopped



Instructions:

- Preheat oven to 375°F (190°C).
- In a skillet, cook the ground meat over medium heat until browned. Drain excess fat.
- Add taco seasoning and water according to the packet instructions. Simmer until the mixture thickens.
- On a large baking sheet, spread out the tortilla chips evenly.
- Sprinkle the seasoned meat, black beans, cheddar, and Monterey Jack cheese over the chips.
- Bake in the oven for about 10 minutes, or until the cheese is melted and bubbly.
- Remove from the oven and top with diced tomatoes, black olives, sour cream, and fresh cilantro.
- Serve immediately and enjoy!

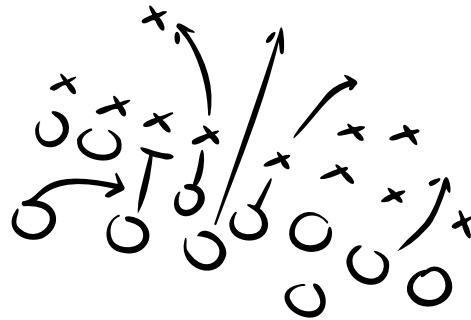


Greek Yogurt Guacamole



Ingredients:

- 2 ripe avocados, mashed
- 1/2 cup Greek yogurt
- 1 tomato, diced
- 1/4 cup red onion, finely chopped
- 1 clove garlic, minced
- Fresh cilantro, chopped
- Lime juice, to taste
- Salt and pepper, to taste



Instructions:

- In a bowl, combine mashed avocados, Greek yogurt, diced tomato, chopped red onion, minced garlic, and cilantro.
- Squeeze lime juice over the mixture and season with salt and pepper.
- Mix until well combined.
- Serve with whole grain tortilla chips or vegetable sticks.

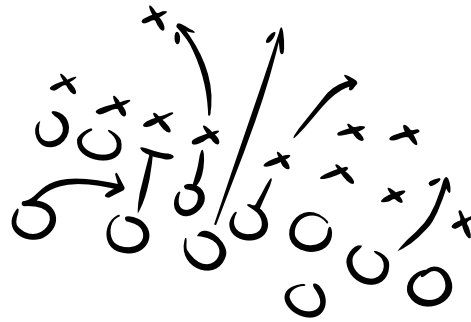


Stuffed Mini Bell Peppers



Ingredients:

- Mini bell peppers, halved and seeds removed
- Hummus
- Cherry tomatoes, sliced
- Cucumber, diced
- Fresh parsley, chopped



Instructions:

- Fill each mini bell pepper half with hummus
- Top with slices of cherry tomatoes and diced cucumber.
- Garnish with fresh parsley.

