



trifit

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Plantain chip nachos – a new spin on an old favourite!

Combine:

- * 2 bags of plantain chips - (Inka chip is a good brand)
- * 2/3 lb (300g) ground beef
- * Tex Mex spices to taste (chili, cumin, oregano)
- * Sea salt and pepper to taste
- * Onion/pepper/tomato/hot sauce
- * Cheese – optional

Cook ground beef, add Tex Mex spices, onion and pepper and sauté until soft. On a baking sheet, lay out the plantain chips and add all of your toppings. Broil for 3-7 minutes. Top with cilantro and serve with salsa and guacamole. Enjoy!

For more plantain nacho ideas visit: www.amandanaturally.com