

## Steak and Bean Nachos

Here is a healthy version of a crowd favorite...especially during Football season! Try it out and see if your fans go wild for these Steak and Bean Nachos!

¼ tsp. sugar  
¼ tsp. ground ancho chile pepper  
¼ tsp. ground coriander  
1/8 tsp. salt  
1/8 tsp. ground red pepper  
6 oz. flank steak  
4- 6 inch corn tortillas cut into 8 wedges  
Cooking spray  
1 small onion, cut into ¼ inch thick slices  
½ cup refried pinto beans  
½ cup shredded reduced fat sharp cheddar cheese  
2 tbsp. pickled jalapeno pepper slices  
1/3 cup bottled black bean and corn salsa

- Preheat oven to 400
- Combine first 5 ingredients, rub over both sides of steak, let sit 10 minutes
- Arrange tortilla wedges on a large baking sheet coated with cooking spray, bake for 8 minutes
- Heat a pan over medium-high heat, coated with cooking spray. Add steak to pan; cook 4 minutes on each side, or until desired doneness. Let steak stand 5 minutes, then cut into ½ inch pieces.
- Coat onion slices with cooking spray, add to pan; cook 4 min on each side, then coarsely chop.
- Arrange tortilla chips in a small pile on baking sheet. Top with steak, onion, beans, cheese, and jalapeno. Bake at 400 for 5 minutes.
- Divide between two plates, top each serving with 2 ½ tbsp. salsa.
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**Makes 2 servings**

### **Nutrition Information per Serving**

412 calories; 13.2 g fat; 37.9 g protein; 38.2 g carbohydrate; 6.8 g fiber