

NACHOS PLATTER

Ingredients:

- 5 whole wheat pitas
- ½ cup lettuce, shredded
- 1 medium ripe tomato, diced
- 6 radishes, sliced
- ½ cup black olives, pitted and sliced
- 1 medium green pepper, sliced
- 1 ripe avocado, cubed
- 1 small jalapeno pepper, seeded and diced
- ½ cup cheddar cheese, shredded
- 1 cup salsa, mild or spicy
- ½ cup sour cream
- 4 Tbsp olive oil
- 1 tsp paprika



Tip: to dice the avocado, cut it in half and remove the pit. Using a knife, make a few cutting lines horizontally and vertically. Use a spoon to remove all the diced cubes.

Instructions:

- Preheat the oven to 375 F.
- Cut each pita into small triangular pieces (each pita should yield about 8 triangles).
- Transfer the pita triangles into a medium baking tray. Drizzle some olive oil and paprika on top. Mix well so that all the pieces are coated with the oil and seasoning.
- Bake in the oven for about 10 to 15 minutes, until crisp.
- When the pita triangles are ready, spread them on a large platter.
- Top off with lettuce, tomatoes, radishes, olives, green peppers, avocado, jalapeno pepper and cheddar cheese.
- Serve with salsa and sour cream on the side.

Serves 4

Good to know

Radishes are a source of vitamin C. Use them in salads or add them to your stir-fry.