

Recipe: Oven-Bakes Nachos Topped with Glazed Chicken, Onions and Peppers



Makes 8 servings

1 2/3 cups Diet Coke®
2 teaspoons olive oil
1 1/4 pounds chicken breast meat, skinless, trimmed of fat, cut into 1/2-inch cubes
4 cups onion, diced into 1/2-inch cubes
1 1/2 cups green bell pepper, diced into 1/2-inch cubes
1 1/2 cups red bell pepper, diced into 1/2-inch cubes
2 jalapeños, seeded, finely diced
3 garlic cloves, chopped
2 teaspoons salt
1 teaspoon black pepper, freshly ground
8 flour tortillas (8-inch diameter), cut to 6 wedges
As needed, fat-free non-stick cooking spray

Method:

1. Place diet cola in a saucepan over medium-high heat and reduce to 3/4 cup. Reserve for later.
2. Make topping by heating olive oil in a large non-stick skillet over medium-high heat and sauté chicken until light golden on all sides, about 7-10 minutes. Remove chicken and reserve for later.
3. In same pan, add onions and peppers. Sauté for 5 minutes, and then add garlic. Continue to cook until onions are translucent, about 5 minutes. Add chicken and reduced diet cola. Add the salt and pepper, toss well and remove from heat. Cover to keep warm while preparing tortillas.
4. Preheat oven to 350°F. Place tortilla wedges on non-stick cookie sheets and spray them with cooking spray. Bake until tortillas are crispy and lightly golden, about 12 minutes. Cool slightly.
5. Serve nachos topped with chicken, onions and peppers.

Nutritional Analysis:

Serving size: 1 8-inch tortilla, 1/3 cup topping
Cal: 332
Protein: 19g
Fat: 13g
Carb: 37g
Sodium: 832mg
Chol: 45mg
Sugar: 6g