

Irish SUPERBOWL NACHOS

by
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (mealsformeandmyminis.wordpress.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (www.rdservices.ca) and teaches courses at a Brescia University College in Ontario, Canada.



Nutrition Facts

servings per container
Serving size (228g)

Amount per serving
Calories 370

% Daily Value*

Total Fat 7g 9%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 270mg 12%

Total Carbohydrate 53g 19%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 26g

Vitamin D 0mcg 0%

Calcium 141mg 10%

Iron 1mg 6%

Potassium 149mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 20 Minutes
Cook time: 40 Minutes
Serves: 6 People

INGREDIENTS:

- 4-5 red potatoes
- 1 lb extra lean ground beef, chicken, or veggie ground round
- 2 tbsp. BBQ sauce
- 2 NatureFresh™ Yellow Bell Peppers, diced
- 1 Large NatureFresh™ Beefsteak Tomato diced
- 1 red onion, diced
- 1 tbsp. nacho seasoning
- 1 cup shredded cheese

DIETITIAN TIP:

These Irish Nachos exchange traditional tortilla chips (often high in sodium and fat) for sliced roasted potatoes (low in fat and a source of potassium) and are loaded with other fresh veggies, too! In addition to being incredibly delicious, they are packed with vitamin C, iron, potassium, calcium, fiber, and high quality protein.

DIRECTIONS:

- Wash all produce before cooking.
- Thinly slice red potatoes and place on baking stone. Roast at 400 F for 25-30 minutes (until slices are cooked and crispy).
- While potatoes are roasting, cook your choice of protein on the stove top. Once cooked, add the BBQ sauce and stir well.
- Dice the veggies and mix them together with nacho seasoning.
- Once potatoes are cooked, cover them with ground meat (or alternate protein), veggies, and cheese. Place back into oven at 400 F for 10 minutes to warm veggies and melt cheese.
- Let cool and serve!



For recipe ideas visit: naturefresh.ca

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)