

## Nacho Bake



### **Ingredients:**

- 1 big bag of baked tortilla chips (low fat)
- 1 can rinsed and drained black beans
- 1 medium can Mexican style corn, or use about 1 cup frozen
- 1 small can chopped green chilies
- 1 small bunch cilantro, chopped (opt.)
- 1 or 2 ripe red tomatoes, chopped
- 2 jars of mild (or medium) store bought salsa.

### **Optional Ingredients:**

- Package of shredded non-dairy cheese (or chopped mozzarella balls)
- Black olives
- Pickled jalapenos
- Non-dairy sour cream as a condiment

**Directions:** Preheat the oven to 350. Cut or open the top of the bag of chips. Smash/crush the tortilla chips right there in the bag. Pour into a large mixing bowl. Add the rest of the ingredients. Make sure that all of the chips have moisture on them. If they don't, add another tomato, some veggie broth, tomato juice, V-8, salsa or water. You want there to be a good coating of "wet" to your chips. Transfer to a baking dish. Sprinkle with cheese if using. If not, perhaps a sprinkle of dried cilantro for color on top. Cover and bake for about 25-35 minutes. **GF, V**