Loaded Sheet Pan Nachos

About the Recipe

253 Calories · 8 g Protein · 7 g Fiber
Appetizers

Ingredients

Makes 10 Servings

- 1 12-ounce bag tortilla chips
- 1 cup (70 g) red cabbage, shredded
- 1 15-ounce can (425 g) low-sodium black beans or 1 1/2 cups cooked black beans, drained and rinsed
- Quinoa meat crumbles **optional*
- 1/2 cup (90 g) frozen or fresh corn
- 1/2 (87 g) red bell pepper, roughly chopped
- 1 2.25-ounce (64 g) can sliced black olives, drained
- 1 cup vegan queso or Universal Meals Sunflower Queso
- 1 cup (260 g) store-bought salsa or Universal Meals Salsa Fresca
- 1 avocado, peeled and chopped **optional*
- Vegan store-bought sour cream or Universal Meals Sunflower Sour Cream **optional*
- 2 tablespoons sliced jalapeños, canned or jarred **optional*
- 3 scallions, roughly chopped

Directions

1. Preheat the oven to 400 F and line a 12-by-16-inch rimmed sheet pan with parchment paper.
2. To make the nachos, spread a single layer of tortilla chips over the entirety of the sheet pan. Evenly disperse the cabbage, black beans, quinoa meat crumbles (if using), corn, bell pepper, and black olives until tortilla chips are

completely covered. Drizzle cheese over the top.

3. Bake the nachos for 10-12 minutes or until the cheese is starting to brown slightly and the edges of the chips on the outside of the sheet pan have just started to brown, being careful not to burn the tortilla chips.
4. Remove the nachos from the oven and top with salsa. Add avocado, sour cream, and jalapeños, if using. Sprinkle with scallions and serve directly from the sheet pan. Be sure to warn your guest that the sheet pan is hot.
5. NotesQuinoa Meat Crumbles: Add 2 tablespoons water, 2 tablespoons liquid or coconut aminos, 1 tablespoon tomato paste, 1 tablespoon chili powder, 1 teaspoon smoked paprika, and 1/4 teaspoon sea salt to a bowl. Whisk to combine. Add 1 cup cooked quinoa and mix to coat the quinoa. Use mixture as directed in nachos.

Nutrition Facts

Per serving:
Calories: 253
Fat: 9 g
Saturated Fat: 1 g
% Calories From Fat: 33%
Cholesterol: 0 mg
Protein: 8 g
Carbohydrate: 36 g
Sugar: 3 g
Fiber: 7 g
Sodium: 443 mg
Calcium: 82 mg
Iron: 3 mg
Vitamin C: 17 mg
Beta-Carotene: 264 mcg
Vitamin E: 3 mg