



# Ingredients

- 1 x 230g pkt corn chips
- 1 x 400g can diced Italian tomatoes, drained
- 1 x 300g can red kidney beans, rinsed, drained
- 2 tbsp coarsely chopped fresh coriander
- Salt & freshly ground black pepper
- 1 small ripe avocado, halved, stone removed, peeled, sliced
- 120g (1 cup) 50 per cent reduced-fat grated cheese (Bega So Light brand)
- 1 x 100g pkt baby leaves salad mix



# Directions

## Step 1

- Preheat oven to 220°C. Kids' task: Divide the corn chips (1 x 230g pkt corn chips) among four square 500ml (2-cup) capacity ovenproof dishes.
- Combine the tomato (1 x 400g can diced Italian tomatoes, drained), beans (1 x 300g can red kidney beans, rinsed, drained) and coriander (2 tbsp coarsely chopped fresh coriander) in a medium bowl.
- Season with salt and pepper (Salt & freshly ground black pepper).

## Avocado and bean nachos

- Spoon tomato mixture evenly over the corn chips.
- Top with the avocado (1 small ripe avocado, halved, stone removed, peeled, sliced) and sprinkle evenly with cheese (120g (1 cup) 50 per cent reduced-fat grated cheese (Bega So Light brand)).

### Step 4

- Bake in preheated oven for 10 minutes or until cheese melts and the tomato mixture is hot.
- Remove from oven.
- Serve immediately with salad leaves (1 x 100g pkt baby leaves salad mix).

