

# Turkey Nachos



**TIP:** Turkey nachos: real easy. Just your favorite corn (or any) chips, leftover turkey, canned beans and melted cheese topped with your choice or a combination of sliced avocado, chopped tomato, chopped onion, sour cream or plain yogurt and/or salsa - or anything else to suit your tasteful imagination.

**Preparation Time:** 5-10 minutes depending on number and type of ingredient choices

**Cooking Time:** about 20 minutes

## **Ingredients** **(for 2-4)**

**Cooking Spray**

**Favorite Corn (or any) Chips**

**Leftover Turkey**

**12-Ounce Can of Beans**

**Favorite Sliced, Shredded or Grated Cheese**  
**(shredded cheddar or any cheese will work)**

## **Optional Ingredients**

**Ripe Avocado**

**Medium Sized Tomato**

**1/4 Red (or any) Onion**

**Sour Cream or Plain Yogurt**

**Salsa**



## Equipment

Baking Dish

Colander (if you're using canned beans)

Can Opener (if you're using canned beans without a pull tab)

Spatula or Big Spoon

Small Sharp (Paring) Knife

Cutting Board

Tablespoon

Timer

Pot Holder or Folded Dish Towel





1. Place an oven rack in the middle of the oven, and preheat the oven to 350 degrees (180 degrees Celsius).



2. Open, drain, and rinse a **can of beans** with cold tap water in the sink.



3. Spray a baking dish with a **light coat of cooking spray** and top with a **generous, even layer of your favorite corn (or any) chips.**



4. Top the **chips** with a **generous, even layer of shredded turkey meat**,...



...**beans**, and **shredded cheese** until what you have looks about like...





...this.

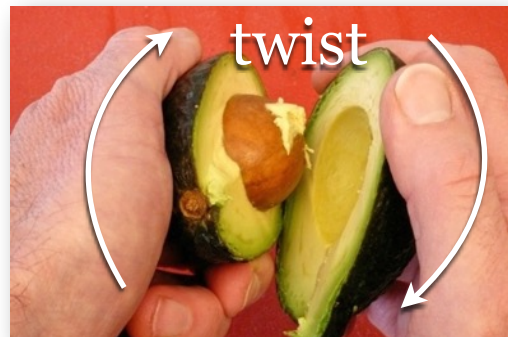


5. When the oven has warmed to 350 degrees (180 C), put the baking dish in the oven and set a timer for 20 minutes.

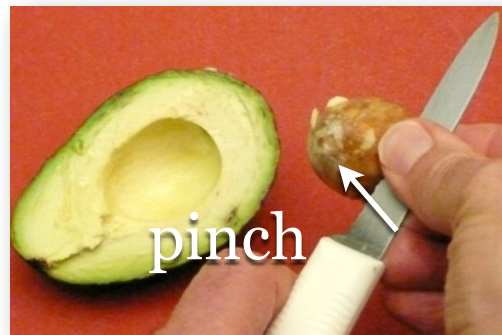
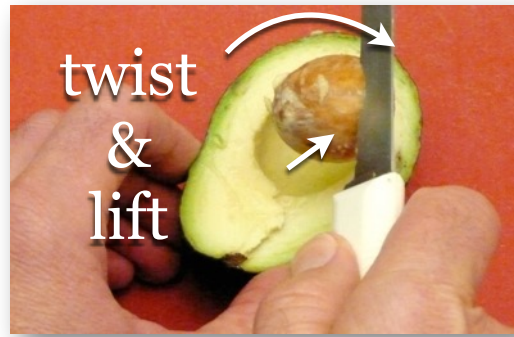
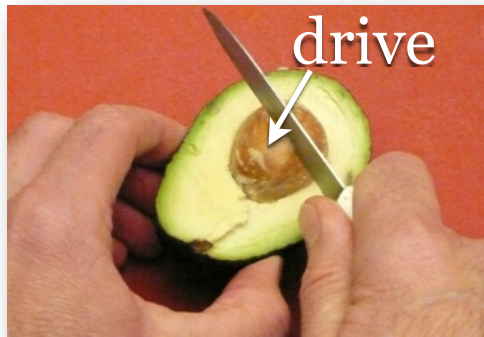


6. While the **nachos** cook, prepare your choice or a combination of **ripe avocado**, **tomato**, and/or **onion** as follows:

**Avocado:** Cut a **ripe avocado** in half lengthwise around the **seed** and twist the two **avocado halves** apart.



Remove the **seed** by holding the **avocado half** with the **seed** still attached seed side up on the cutting board – making sure your fingers are not in the intended knife path – and driving the knife blade into the **seed**. Twist and lift the **seed** from the **avocado half**. Remove the **avocado seed** from the knife edge by pinching the down on the **seed** from the back, dull side of the knife as shown.



Cut the **avocado halves** again in half lengthwise into quarters, and peel off the skin (cutting the avocado into quarters makes peeling the avocado skin much easier). Cut each **avocado quarter** into slices  $\frac{1}{4}$  -  $\frac{1}{2}$  inch (6-12 mm) wide, and cut the **avocado slices** in cross section into pieces also  $\frac{1}{4}$  -  $\frac{1}{2}$  inch (6-12 mm) wide.





**Tomato:** Rinse and shake a **tomato** dry in the sink. Then carefully make a cone-shaped cut around and under the **stem patch** to remove the **tomato core** as shown in the third picture below.



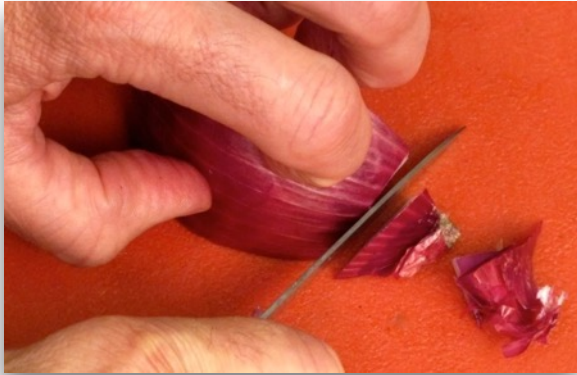
Cut the **tomato** in half lengthwise. Cut each **tomato half** into lengthwise slices about 1/2 inch (12 mm) wide. Then cut the **tomato slices** in cross section into pieces also about 1/2 inch (12 mm) wide.



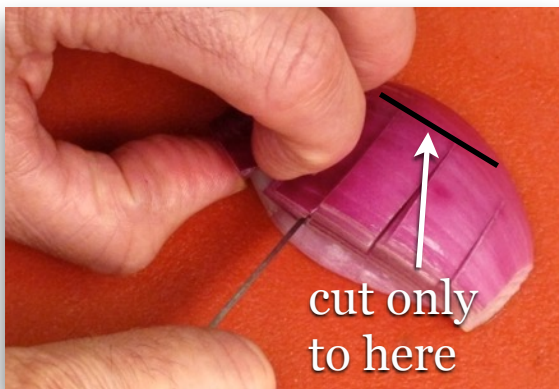
**Onion:** Cut a **red (or any) onion** in half, and cut one of the **onion halves** in half again.



Cut off the tough **onion stem** and **root ends**, and peel the **onion skin**.



Cut **slices** about 1/4 – 1/2 inch (6–12 mm) wide, making sure not to cut through the **back of the onion** to keep the **slices** bound together, and chop those **onion slices** in cross section into pieces also 1/4 – 1/2 inch (6–12 mm) wide.



7. When the timer sounds, carefully remove the **cooked nachos** from the oven with a potholder or folded dish towel.





The **nachos** are done when the **cheese** on top has melted as shown here.



8. Scoop the **nachos** from the baking dish onto a plate with a spatula or big spoon, and either have them as is or...



...top them with your choice or a combination of **chopped avocado, tomato, onion, plain yogurt** or **sour cream** and/or **salsa** – or anything else you might want to suit your taste.



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