



The 7th Annual Inland Northwest Ultimate Healthy Nacho Recipe Contest

Create the Ultimate Healthy Recipe and Win!



Pacific Northwest Nachos

Eric Olson

This recipe is reminiscent of the fish tacos found in and around the Baja peninsula. With a northwestern flair, these two worlds come together to create a pleasant combination.

The Meat:

The smoked salmon will provide a bold flavor to the nachos. It is important to crumble the salmon into ¼" to ½" pieces and spread over the entire dish. This will give flavor to every bite and not over power select areas.

The Cheese:

Havarti is a very soft, creamy cheese. While it provides a creamy sauce when melted, it is very hard to cut or grate. For this reason, I prefer to buy the cheese from the deli case and have them slice it for you on the meat slicer.

Ingredients:

This versatile recipe can be prepared with fresh, home cooked ingredients or quickly prepared from prepackaged ingredients. You may find that smoking your own salmon or grilling your own peppers will provide larger amounts than are called for in the recipe. If you find you have extra ingredients, don't let them go to waste! Embellish! For the sake of accommodating both methods, the quantities are approximations, not exact amounts.

Nachos

- ½ lb pepper smoked salmon
- 12 oz fire roasted bell peppers (sliced into ¼" by 2" strips)
- ½ lb sliced jalapeño pepper havarti cheese
- ½ lb shredded, reduced fat monetary jack cheese
- 7 oz blue, corn tortilla chips
- 7 oz white, corn tortilla chips
- 1 small avocado
- ¾ cup shredded cabbage (optional)
- ¼ cup huckleberries (optional)

Cucumber sauce

2 medium cucumbers
¼ cup green onions
¾ cup yellow onion
2 medium, diced jalapeño peppers
1 chopped clove of garlic
1 medium lime
12 oz fat free, plain, Greek style yogurt
1 tsp dill (fresh or dried)
Salt and pepper to taste

To Make Cucumber Sauce:

Peel and remove the seeds from two medium cucumbers. Chop them into ½” cubes. Place them in a colander and cover them with 1 tsp salt. Allow to stand for 30-45 minutes to remove the water. Rinse well with cold water and dry with a paper towel. Combine the cucumbers, yogurt, dill, salt, green onions, garlic and the juice of 1 lime in a food processor. Once this is all combined, add the 2 diced jalapeño peppers to the sauce and briefly blend again. Transfer the mix to a bowl and add thinly sliced onions.

Plating the Nachos:

Use a 16” – 20” platter. Cover the bottom of the platter with an equal amount of white and blue corn chips. Divide the salmon, roasted peppers and cheeses into thirds. Evenly spread out 1/3 of the salmon and roasted peppers over the layer of chips. Cover the entire dish with a layer of shredded, reduced fat monterey jack cheese and jalapeño havarti cheese. Repeat with a thin second and third layer of chips, salmon, peppers and cheese. Place the platter in a 400 degree oven until the cheese has melted all of the way through. Remove from the oven and garnish with the optional shredded cabbage, avocado and huckleberries. Serve immediately!

Horseradish Nachos

Linda Griffiths

1 tsp oil (olive or vegetable)
1 med red onion chopped
8 oz fresh mushrooms chopped
1 roma tomato chopped

Saute 10 minutes or until veggies soften

Add 1+1/4 lb of leanest ground beef you can find, chopping and mixing until meat is browned, then mix in:

1/4 cup red wine
salt, black pepper, cumin and chili powder to taste

When meat is thoroughly cooked, add

4 oz cream cheese (reduced fat)
1 TBS cream horseradish
1/4 cup medium chunky salsa
Reduce heat, set aside

In a separate bowl mix together:

1 bunch green onions, chopped
2-4 chopped romas
1 can (15 oz) white beans, drained
1 1/2 cup thawed frozen corn (fresh is better if in season)
Season to taste with salt, chili powder, lime juice

Cheeses for topping:

12+ oz Horseradish Cheddar
8 oz reduced fat Monterey Jack

1 large bag corn chips

Assemble/layer chips, meat mixture, grated cheese(s), ready for the oven to warm/melt, then plate and top with the bean/corn/tomato mixture, serve with light sour cream, extra salsa.

Serves six to eight.

Sherre's Green and Black Bean Buffalo Nachos

Sherre Copeland

1 large package fresh corn tortillas, sprayed with olive oil, lightly salted, cut into triangles
1 lb ground buffalo meat
1 15.5 oz can black beans
½ lb grated sharp Cheddar cheese
½ lb grated jalapeno Gouda
2 fresh tomatoes, seeded and diced
1 4 oz can black sliced olives
1 8 oz container sour cream

Seasonings to taste: chili powder, ground cumin, ground coriander, salt & pepper

Toppings: Sherre's salsa verde (see recipe below), low-fat sour cream, lime wedges and cilantro sprigs

1. Heat oven to 400 degrees.
2. Layer the cut tortillas in a shallow metal baking dish. Bake until crisp, about 12 minutes.
3. Meanwhile, brown the buffalo meat and generously season to taste with salt, pepper, chili powder, and ground cumin.
4. Drain black beans and place in sauce pan; generously season to taste with salt, ground coriander and ground cumin.
5. Place crisp chips on an oven-safe serving plate. Sprinkle hot meat mixture, beans, grated cheeses, tomatoes and olives evenly over the chips.
6. Cook nachos on the middle rack of the oven until the cheese melts and the chips start to brown (about 10 minutes).
7. Remove nachos from oven, top with salsa verde (see below), low-fat sour cream, lime wedges and cilantro sprigs and serve immediately.

Sherre's Salsa Verde

1 large bunch fresh cilantro (stems and leaves), washed
Juice of one lime
15 fresh tomatillos, husked, washed and halved
1 large or 2 small jalapeno peppers – stemmed, seeded and washed (leave the seeds if you like it hot)
2 large cloves garlic, peeled and crushed

Dry spices: chili powder (chipotle if you have it), ground cumin, salt, ground coriander

Place all ingredients except dry spices in food processor – process until salsa is thick and tomatillos are in very small chunks. Add spices to your liking, mix, taste and adjust.

This recipe is healthy because it uses buffalo meat, which has 70% to 90% less fat compared to beef and on average has 50% less cholesterol. It's also high in protein, iron and omega and amino acids.