



Chili Cheese Dog Nachos



1/7th of recipe (about 15 nachos): 228 calories, 5g total fat (1.5g sat. fat), 674mg sodium, 32g carbs, 4.5g fiber, 2g sugars, 11g protein

Prep: 10 minutes **Cook:** 5 minutes



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Ingredients

3 hot dogs with about 40 calories and 1g fat or less each
2 cups turkey or veggie chili with 3g fat or less per cup
One 7-oz. bag baked tortilla chips
1/2 cup chopped white onion
3 slices reduced-fat cheese, cut into thin strips
Optional toppings: light sour cream, chopped scallions

Directions

Preheat broiler. Spray an oven-save platter or large casserole dish with nonstick spray. Chop hot dogs into small pieces.

Bring a skillet sprayed with nonstick spray to medium heat. Add chili and hot dog pieces and cook until hot, about 3 minutes.

Arrange chips on the platter or casserole dish. Top with chili mixture, onion, and cheese.

Broil until cheese has melted, about 2 minutes.

MAKES 7 SERVINGS

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