



Dinner: Meatless Nachos with Easy Guacamole (Side)

What You Need:

4 ounces of Gimme Lean Ground Sausage

1/4 cup black beans\*

1/4 cup low-fat shredded cheese blend

10 multigrain tortilla chips (My favorite are [Food Should Taste Good Multigrain Tortilla Chips](#))

Optional: red chili pepper flakes

\*Note: If you use canned beans for the convenience factor, make sure to rinse the beans in cold water and drain them before using.

What You Need To Do To Make The Nachos:

Mix the black beans and Gimme Lean Ground Sausage in a microwave safe bowl. Heat the bean and “sausage” mixture for 1 to 2 minutes until hot. Sprinkle with cheese and red chili pepper flakes if you’re brave enough. Eat with tortilla chips!

Add 1 or 2 tablespoons of the home-made guacamole recipe below for added flavor and a boost of healthy fats and protein from nutritious avocado and quinoa!

Optional: serve nachos on a bed of fresh spinach

What You Need For Easy Guacamole (Makes about 2.5 cups):

1 ripe avocado

1/4 cup cooked quinoa

1/4 cup chopped red onion

1/2 cup chopped tomato

1 lime

2 tbsp fresh cilantro, chopped

Salt, black pepper, ground cumin

What You Need To Do To Make Easy Guacamole:

Mix the avocado, quinoa, red onion, tomato, and cilantro together in a bowl. Add lime and your spices to taste! Refrigerate before serving, if desired.

