

## **Totchos**

*All the great flavors of nachos with crispy potatoes instead of chips!*

Yield: 8 servings

Prep time: 20 minutes

Cook time: about 40 minutes

1 (32-oz.) bag tater tots

8 oz. lean ground turkey

1/2 cup salsa

2 to 3 tsp. Mexican seasoning blend

1 1/2 cups shredded reduced-fat Mexican blend cheese

1/2 cup diced tomatoes

1/3 cup diced bell pepper

1/3 cup sliced ripe olives

1/2 cup sliced green onions

Light sour cream, guacamole, additional salsa and cilantro (optional toppings)

Preheat oven to 425°F. Place tater tots in a single layer on a large baking sheet and cook for 30 minutes or until browned and very crisp, stirring once halfway through cooking. While tater tots are cooking, cook ground turkey in a large skillet over medium heat until cooked through. Stir in salsa and seasoning and cook for a few minutes more. Mound tater tots slightly on the baking sheet and sprinkle with *half* the cheese; top with turkey mixture. Sprinkle with *remaining* cheese then top with tomatoes, bell pepper and olives. Cook for 10 minutes more or until cheese is melted. Sprinkle with green onions and serve with any optional toppings desired. Makes 8 servings.

### *Nutritional analysis per serving:*

Calories: 320, Fat: 18g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 800mg, Potassium: 382mg, Carbohydrates: 32g, Fiber: 3g, Sugar: 2g, Protein: 14g, Vitamin A: 8%, Vitamin C: 25%, Calcium: 20%, Iron: 4%