

Vegetarian nachos for the kids

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These healthy nachos are ridiculously fast to prepare and completely sidestep the packaged Mexican sauces, which contain about two teaspoons of sugar per serve.

Preparation time: 5 minutes

Cooking time: 7 minutes

Ingredients (serves 4)

- 4-6 pita wraps, cut into 'chips'
- Olive oil
- 2 tomatoes, chopped
- 1 x 400g tin red kidney beans, drained and well rinsed
- 1 small red onion, finely chopped
- ¼ cup mixed parsley and coriander leaves, finely chopped
- 2 tsp apple cider vinegar
- 1 [avocado](#)
- 1 cup feta cheese
- Juice of one lemon
- Sea salt, to taste

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- 1 cup grated cheddar cheese

METHOD

Preheat oven grill to 180°C. Place pita 'chips' on trays in a single layer and drizzle lightly with olive oil. Place in the oven and grill for about three to four minutes or until lightly brown.

In a bowl mix chopped tomato, beans, onion, parsley, coriander and apple cider vinegar. Season with salt, to taste. Set aside.

Mash together the avocado, feta and lemon juice in a bowl and sprinkle with salt.

Place a layer of the pita chips on the bottom of a plate or large casserole dish and lightly sprinkle with cheese, followed by bean salsa mix and more cheese.

Place in oven and grill for about 3 minutes or until cheese is melted and golden. Scoop onto plates and top with avocado and feta mix.

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Recipe from [I Quit Sugar Kids Cookbook](#) by Sarah Wilson.

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