



Baked Potato Nachos



These nachos feature a healthy dose of delicious toppings and nutrition! Russet potatoes provide potassium and B6 while beans, green onions and tomatoes pack in fiber. This recipe comes to us from our friends at the [United States Potato Board](#).

Ingredients: (serves 4)

- 1 1/2 pounds russet potatoes
- 1 1/2 tablespoons vegetable oil
- 1/2 teaspoon garlic salt
- 1 teaspoon Mexican seasoning blend
- 1 cup Mexican blend shredded cheese
- 1/4 cup canned black beans, rinsed and drained
- 1/4 cup diced tomatoes
- 1/4 cup sliced black olives
- 1/4 cup sliced green onions
- 3 tablespoons canned diced green chiles

*Optional: Salsa, Guacamole, Sour Cream

Instructions:

Together: Prep ingredients.

Adult: Preheat oven to 425°F.

Together: Scrub potatoes and cut into 1/2-inch thick wedges.

Kid: Place potatoes into a medium size bowl with the oil, garlic salt and Mexican seasoning. Stir well to coat potatoes with oil and seasonings.

Together: Transfer to a large baking sheet and spread into a single layer. Bake for 25 to 30 minutes, stirring several times, until crisp and golden brown.

Together: Top with cheese, beans, tomatoes, olives, onions and chiles. Bake for 5 minutes more to melt cheese.

Food For Thought!

Did you know that there are over 100 different kinds of potatoes? Russet potatoes (used in this recipe) have dark brown skin and become “fluffy” when cooked, so they’re a great potato for baking and mashing. Red and white potatoes are better for soups and stews since they stay firm after cooking. And purple potatoes (yes, purple!) taste great in salads.



Cooking Tip of the Week

Slicing green onions is a great task for kids. If they’re not old enough to use a knife, let them practice their cutting skills with a pair of kitchen shears.

Conversation Starter

What does cheating mean?
Is it ever okay to cheat in sports, in a game or at school?



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