**Nutritious Natural Nachos**

**Goal:** To assemble incredible nachos for a family dinner.

**Materials:**

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| 1 Microwave | 1 Tomato | 1 can of beans (optional) | Damp cloth | Oven safe baking stone |
| 1 Oven | 1 bunch (5) of Green Onions | 1 Pepper | Oven mitts | Cutting boards |
| 1-2 Hot Plates | 4-5 Chicken breasts | 1 jar of salsa (optional) | Microwave safe casserole dish | Sink |
| 1 bag of Cheddar Cheese Shredded | 1 container of sour cream (optional | 1-2 Bags of Tostitos chips (restaurant style or rounds) | Any knife sharper than a butter knife | One bowl able to hold about 1-2 cups |

**Steps:**

1. Clean your preparation area with a damp cloth.
2. Put chicken in casserole dish and carry it over to the microwave.
3. Heat it for 10 minutes in the microwave.
4. During those ten minutes rinse off the green onions with cold water from the tap.
5. Use a cutting board to mince the green onions horizontally (finger width).
6. Using another cutting board cut the tomato on its side with the same knife.
7. Cut the two ends off cutting 0.6cm (quarter of an inch) into the tomato. Don’t get any of the stem in your meal.
8. Dice the rest of the tomato at intervals of about your pinky fingers width.
9. Use the tomato & cut them into pieces the size of your thumb’s fingernail.
10. Put the green onions or scallions and tomatoes into the bowl.
11. Check if the chicken is cooked. Take it out of the microwave with oven mitts. Place it on the hot pad. Cut into it to check pinkness.
12. Lacerate the chicken into about the same size as the tomatoes.
13. Throw them into the bowl.
14. With the wooden spoon mix the ingredients in the bowl.
15. Place your Tostitos onto the baking stone covering it to the edges.
16. Make layers using chicken, tomatoes, green onions, and shredded cheese and repeat steps 15 and 16 until you have no more ingredients left.
17. Place in oven for ten minutes at 375°F or until cheese is melted.
18. Serve on a hot pad with sour cream and salsa.