

Italian Nachos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 6 ounces

Ingredients	Quantity	Measure
Dumpling wrappers, eggless	16	ounces
Alfredo sauce, sub recipe below		
Black olives, sliced	1	cup
Tomatoes, diced	3	cups
Green onions, sliced	1	cup
Pepperoncini, sliced	1	cup
Jalapenos, sliced	1	cup
Oil for frying		
Alfredo Sauce		
Non-dairy margarine	4	ounces
Yellow onion, finely chopped	½	cup
Garlic, minced	1	teaspoon
All-purpose flour	4	ounces
Salt	1	teaspoon
Pepper	1	teaspoon
Soymilk, unsweetened	2	cups
Nutritional yeast	½	cup
Water	1	cup

Preparation

1. Cut dumpling wrappers in triangles (similar to a tortilla chip shape).
2. Fry triangles for 2-3 minutes, drain, place into a full-size pan and lightly salt.

Alfredo Sauce

1. Melt margarine.
2. Add onion and garlic, sweat for 3-4 minutes.
3. Add flour, stir until nutty fragrance.
4. Add milk and water stirring constantly until thick and bubbly.
5. Stir in nutritional yeast

Serving Information

Portion onto individual platters and drizzle Alfredo Sauce on top. Top with olives, tomatoes, green onions, pepperoncini and jalapenos. Each Platter: 2 ounces chips, 2 ounces Alfredo, ½ ounces olives, ½ ounces tomatoes, ½ ounces green onions, ¼ ounces pepperoncini, ¼ ounces jalapenos

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 531 Total Fat: 29g Saturated Fat: 4.5g Carbohydrate: 53g Protein: 11g Sodium: 687mg
Vitamin A: 82µg Vitamin C: 62mg Calcium: 136mg Iron: 4mg Folate: 76µg