

Potato Nachos

A delicious and nourishing dinner featuring baked potato wedges, black beans, corn, and a variety of fresh toppings. Easy to make and packed with flavor.

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PREP TIME

15 minutes

COOK TIME

40 minutes

TOTAL TIME

55 minutes

Servings 2

Course Dinner

Cuisine Mexican-Inspired

Keyword avocado, black beans, cilantro (coriander), Comfort Food, Easy Dinner, High Protein, Nutrient-Rich, onions, potatoes, tomato

Ingredients

- 4 large potatoes
- 1 tbsp olive oil divided
- 1 tsp garlic powder
- 1 cup cooked black beans
- ½ cup frozen corn
- 1 red bell pepper finely chopped
- 1 tbsp Mexican spice mix
- 3.5 oz cherry tomatoes chopped in half
- 1 avocado diced
- ¼ red onion finely sliced
- ½ cup cilantro finely chopped
- ½ lime cut in wedges
- sea salt flakes to taste

Cashew Queso

- ⅓ cup cashews
- 2 tbsp chipotle in adobo sauce
- ¼ cup nutritional yeast
- ⅔ cup soy milk

Instructions

1. Preheat your oven to 220C (430F).

Wash the potatoes thoroughly, keeping the skin for added nutritional value. Chop them into wedges and toss with 2 tsp of olive oil, garlic powder, and a pinch of salt.

2. Bake the potatoes in the oven for 20 minutes, stir them, then bake for another 20 minutes at a reduced heat of 200C (390F).
3. **Prepare the cashew queso:** Soak the cashews in boiling water for 30 minutes. Drain and add to a small blender along with the chipotle sauce, nutritional yeast, and soy milk. Blend until smooth to make the Cashew Queso Dip.
4. In a pan over medium heat, add 1 tsp of olive oil, the black beans, corn, red bell pepper, Mexican spice mix, and a pinch of salt. Cook for 5 minutes, then squeeze in the juice of half a lime.

5. **Assemble the nachos:** In a bowl, layer the baked potatoes, bean and veggie mix, a generous amount of cashew queso. Top with tomatoes, avocado, red onions, and cilantro. Serve with lime wedges, adjust salt to taste and enjoy!

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