



Serves 4
Cook Time: 25 minutes

INGREDIENTS:

8 corn tortillas

CHEESE SAUCE

½ cup raw cashews, soaked in warm water for at least 10 minutes and drained

1 tablespoon tahini

1 roasted red pepper (from the jar), roughly chopped (½ cup)

¼ cup nutritional yeast flakes

1½ tsp. reduced-sodium tamari sauce (or Bragg's Liquid Aminos or low-sodium soy sauce)

Zest and juice of 1 lemon

¼ teaspoon cayenne pepper

¼ cup water

BEAN DIP

1 (16-ounce) can oil-free refried beans or canned pinto beans, rinsed and drained

1 cup prepared salsa

1½ teaspoons chili powder

GARNISHES (optional)

1 avocado, diced

½ cup prepared salsa

½ cup fresh cilantro, finely chopped (parsley or lettuce can substitute)

Hearty Nachos

These nachos are a meal in and of themselves. You can prepare them nachos-style, or serve them like a multi-layer dip, with baked tortilla chips on the side. The recipe makes plenty of cheese sauce, so you may have leftovers; try this versatile sauce on potatoes, with raw or cooked vegetables, and added to cooked whole grains and legumes.

Recipe from the Forks Meal Planner. ([Sign up now](#) to receive weekly fast and easy recipes, a shopping list and weekend prep instructions!)

By Julieanna Hever

- 1** Preheat the oven to 350°F. Cut the tortillas into bite-size triangles. Place tortilla triangles on a baking sheet lined with parchment paper, and bake for 10 to 15 minutes, until crisp.
- 2** In a blender, combine cashews, tahini, roasted red pepper, nutritional yeast, tamari, lemon zest and juice, cayenne, and water. Blend on high until smooth, and set aside.
- 3** In a medium saucepan over medium heat, combine the beans, salsa, and chili powder, and stir gently. Once the beans are smooth warmed through, turn off heat.
- 4** **To assemble nachos-style:** Place the baked chips on a platter, then top each with some of the beans and cheese sauce. Garnish with avocado, salsa, and cilantro. **To assemble as a layered dip:** Layer the cheese sauce over the bean mixture in a shallow bowl or baking dish, and garnish with avocado, salsa, and cilantro. Serve with the baked tortilla chips for dipping.