

## Holly's Low Carb Nachos



### **Ingredients:**

#### For the chips:

- 2 cups sharp cheddar cheese, shredded
- ½ cup parmesan cheese
- 1 tsp. cumin
- ½ tsp garlic powder
- ¼ chili powder

#### For the toppings:

- 1 cup cooked seasoned ground beef (you can use turkey to make it healthier)
- ¼ cup shredded sharp cheddar
- 2 tbsp. chopped onions
- ¼ cup diced tomatoes
- ¼ cup jalapenos
- ¼ cup black olives
- 2 tbsp. guacamole
- 2 tbsp. sour cream

You can season the ground beef however you like. I used a couple of tablespoons of taco seasoning (which are not included in the recipe carb count). To keep the carbs low I would recommend seasoning with a little bit of garlic salt, pepper, cumin, and chili powder while cooking the meat.

### **Directions:**

#### For the chips:

1. Line a cookie sheet with parchment paper and spray lightly with non-stick cooking spray.
2. Pour the cheddar cheese onto the parchment paper and spread out as thin as you can.
3. Sprinkle the grated parmesan evenly on top of the cheddar cheese.
4. Combine the cumin, garlic powder, and chili powder and sprinkle evenly on the top of the cheeses.
5. Bake at 400 F for 8-10 minutes. Check on it constantly as it can go from zero to burnt in no time at all. Set cookie sheet on cooling rack and let it cool for 10 minutes.

6. Remove from the parchment paper and cut into strips. After cutting into strips, cut each strip into triangles.
7. Place “chips” back on the parchment paper and broil on high for 2 minutes (keep an eye on them as they can burn very quickly).
8. Let the chips cool and crisp up—about 30 minutes.
9. Pile them on the plate and cover with all of your favorite nacho toppings. Use the last ¼ cup of shredded cheddar to put on top and melt. ENJOY!

### **Nutrition Facts**

Makes 4 servings

5 grams of carbs per serving