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Nachos for The Fit and Healthy

- 1lb. Ground Turkey Meat
- Tostito's Reduced Fat Corn Chips (1 gram of fat per 14 chips)
- 1/2 bag Chopped spinach (frozen)
- 1 can Hormel's fat free vegetarian style chili
- Jalapeno peppers
- 1 cup Fat free cheddar cheese
- 1 cup Fat free mozzarella cheese
- Fat free sour cream (optional)
- Salsa

Brown turkey meat in chunks in non stick pan. Thaw spinach in microwave or as package directions instruct. Spread chips out in clusters on foil coated baking pan. Spread ground turkey meat over chips. Spread spinach over turkey. Add peppers. Generously cover with chili. Cover with cheddar cheese and bake at 400 until cheese is melted. (some non-fat cheeses do not melt very well- it is sometimes helpful to use a combination of fat free cheeses mixing cheddar with mozzarella for example. When ready, remove from oven and add sour cream and salsa to the top or simply use them as dip.