



# PEI POTATO NACHOS AND DIP

## INGREDIENTS

- 2 Large PEI Potatoes
- 2 & 1/2 tsp. Olive Oil
- 1 tsp. Cajun or Tex Mex Seasoning
- 1/4 Cup Grated Cheddar Cheese
- 1/3 Cup Salsa
- 1/3 Cup Sour Cream
- Additional toppings, such as:
  - 1/4 Cup Diced Tomatoes
  - 1/4 Cup Diced Green Onion
  - 1/4 Cup Seasoned Ground Beef

**PREP TIME: 10 MINUTES**  
**COOK TIME: 25 MINUTES**  
**MAKES 4 SERVINGS**

Make sure to always ask an adult before preparing this recipe.

## DIRECTIONS

Step 1: Preheat oven to 425 degrees Fahrenheit (220 degrees Celsius). Coat a large baking sheet with 1 & 1/2 tsp. of oil.

Step 2: Cut potatoes into wedges 1 cm wide (get an adult to help you with this). Place wedges in a bowl and toss with the remaining 1 tsp. of oil. Sprinkle with seasoning, then toss until evenly coated. Lay the wedges on the baking sheet in a single layer. Roast until the potatoes are brown and crispy, turning them halfway through.

Step 3. Once potatoes are roasted, remove from the oven. Sprinkle with cheese and any additional toppings you would like. Return to the oven until cheese is melted (less than 30 seconds), then remove. Serve nachos with salsa and sour cream.

Nutrition per serving:

- 4 grams of protein
- 4 grams of fat
- 18 grams carbohydrate
- 124 calories

