



# CHICKEN NACHOS WITH AVOCADO OIKOS SAUCE

An easy swap of yogurt for sour cream will be the perfect addition to these colourful nachos.



**PREP TIME**  
20 minutes



**BAKE TIME**  
10 minutes



**SERVES**  
12

## DIRECTIONS

1. Avocado Oikos Sauce: In a large bowl, mash avocado until smooth. Stir in yogurt, lemon juice and smoked paprika. Season to taste with salt and pepper; divide into 12 small ramekins.
2. Preheat oven to 400°F (200°C). Line 2 baking sheets with parchment paper.
3. Divide tortilla chips onto baking sheets into an even layer. Sprinkle chicken, tomatoes, corn and onion evenly over top of each. Sprinkle with cheese and jalapeños; bake for 10 minutes or until cheese melts.
4. Serve nachos on plates and add Avocado Oikos Sauce and some salsa. Garnish with fresh cilantro, if desired.

**TIP:** Prep the sauce up to 1 day ahead and have the portions in a sealed container ready to add to servings. You can do the same with the salsa.

To decrease the hit, remove the jalapeños or add them on the side. You can substitute pickled jalapeño slices if desired.

## INGREDIENTS

8 cups (2 L) corn tortilla chips  
1 lb (455 g) ground chicken, cooked  
2 tomatoes, diced  
1 cup (250 mL) corn kernels  
1 small red onion, thinly sliced  
2 cups (500 mL) shredded cheddar cheese  
2 jalapeño peppers, sliced  
2 cups (500 mL) medium salsa  
Fresh cilantro (optional)

### AVOCADO OIKOS SAUCE

2 ripe avocados  
1 ½ cups (375 mL) Oikos 0% Greek yogurt  
2 tsp (10 mL) lemon juice  
1 tsp (5 mL) smoked paprika  
Salt and pepper to taste

## Per serving

(1/12th recipe/about 220 g)

310	calories
18 g	fat
6 g	saturated fat
0 g	trans fat
24 g	carbohydrates
4 g	fibre
5 g	sugars
17 g	protein
50 mg	cholesterol
560 mg	sodium
550 mg	potassium
200 mg	calcium
1.5 mg	iron



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