

CHILAQUILES



Time
30min



Servings
1

Calcium Recommended Daily Intake
50.79%

Calories

805

Calcium

508mg

Protein

28g

Vitamin D

0.04 IU

Ingredients

- 3 corn tortillas (commercially available nacho chips may be used instead of tortillas)
- 15 ml of vegetable oil
- 200 g tomatoes
- 2 jalapeño peppers
- 1-2 cloves of garlic
- Salt
- 100 g “Queso fresco” or feta cheese
- 30 g sour cream

Instructions

1. To make your own nachos, cut the tortillas in triangles the size and style of ready-made nachos. Fry them in the oil until crisp, put aside.
2. Boil the tomatoes with the fresh jalapeno pepper. Cut the jalapeno peppers in half and remove most of the seeds. Blend the cooked whole tomatoes, jalapenos and the garlic in the food processor and add salt to taste.
3. Place the nachos on a heat-resistant dish and cover them with the resulting sauce. Add the sour cream and sprinkle abundantly with the crumbled cheese. Put the dish in the oven at 150° C until the cheese starts to melt.