

Chef from the Hood Recipes



Chef:
Chef Dan Berman, Pacific Market's Culinary Director

Restaurant:
Pacific Markets

Recipe:
¡ Nachos Especiales!



Everyone loves nachos! The satisfying crunch of tortilla chips, the oozing goodness of melted cheese, the warmth of refried beans and ground beef, the tang of salsa and jalapeño peppers, along with the tongue-cooling addition of lettuce, tomato, avocado and sour cream. But did you know that if made right, nachos can be a healthy choice for dinner? Nachos are loaded with fiber, protein and calcium. And if you top your nachos with salsa, tomatoes, cilantro and a squeeze of lime, you'll add a nice boost of vitamin C as well. Planning a low-fat New Year? Pacific Market has low-fat, fat-free and even organic choices for every ingredient in your plate of nachos!

While you're here, check out our outstanding selection of beer. It's the beverage of choice with nachos! Nachos, a relative newcomer to the culinary traditions of Mexico, are the creation of Ignacio "Nacho" Anaya, a chef at the Victory Club in Piedras Negras, Coahuila, a little town just south of a military base in Eagle Pass, Texas. Chef Nacho was closing up one night in 1943 when several wives of U.S. soldiers arrived at the restaurant's door. Not one to turn away a hungry customer, Chef Nacho got creative with the few ingredients left in his kitchen. He cut and fried some tortillas, topped them with cheese, then added the few bits of olives, tomatoes and chilies he had leftover from making salsa. After a few minutes in the oven, the hot plate was served as nachos especiales. The dish became a sensational hit, and the word nachos was added to Webster's Dictionary in 1949.

Our Pantry Organic Tortilla Chips 14 to 16 oz., assorted flavors \$1.99
Clover Organic Sour Cream pint size. \$2.19

We're also making hot soups, chili, salads and other party food to go. Our amazing selection of chips and salsas will win you over bigtime. And we have one of the biggest selections of chilled beer, at the best prices in Sonoma County. So come get some! You'll score points with your teammates, even if your team doesn't.

¡ Nachos Especiales!

No-fail, no-fear, nachos are loved by all. Make them your own creation... it's easy! Here are some ideas to get you started:

Start with a layer of **tortilla chips** (Our Pantry Organic) on an oven-proof plate, pan or casserole.

Add a layer of **refried beans** (Our Pantry Organic non-fat, low-fat, pinto or black refried beans).

Add **cooked ground beef** or **shredded chicken** (meat department has organic/low-fat choices).

Add **black olives** (Lindsay sliced or whole).

Add **fresh or canned tomato chunks, diced onion, jalapeño slices** (Ortega), and/or **corn kernels** (Our Pantry).

Top with **plenty of shredded cheese** (Organic Valley shredded Mexican Blend, the 6 oz. bag is now on sale!)

Place in hot 350° oven, remove when cheese melts & all ingredients are hot - 5 to 15 minutes, depending on how abundant your nachos are.

Top hot nachos with cool!

Diced **jalapeño, tomatoes & onion.**

Shredded organic **lettuce.**

Chopped organic **cilantro.**

Fresh Salsa (Native Kjalli tubs are great!)

Avocado chunks or guacamole

(California avocados on sale now).

Spoon on sour cream (Clover Organic Sale!)

Add a **lime wedge**, pour a **cold beer**, relax, and enjoy!