

# Easy Sheet Pan Nachos



## Easy Sheet Pan Nachos

These loaded nachos are perfect for a casual dinner or a party snack. Adding the salsa and other toppings after the nachos bake keeps the chips crisp.

### Ingredients

12 ounces gluten-free tortilla chips

1 tablespoon olive oil

1 pound ground beef or ground turkey

1 small onion, diced

2 cloves garlic, minced

3 tablespoons gluten-free taco seasoning

15 ounces canned pinto beans, drained & rinsed

1 cup frozen corn kernels

1  $\frac{1}{2}$  cups shredded cheddar cheese, or monterey jack (or a combination)

Toppings (optional)

Pico de gallo or salsa

Sour cream  
Guacamole  
Sliced black olives  
Pickled jalapenos  
Chopped cilantro

#### Method

1. Preheat oven to 425° F. Lightly spray a rimmed baking sheet with nonstick cooking spray or line with aluminum foil.
2. Place tortilla chips in a single layer onto prepared baking sheet. Set aside.
3. Heat olive oil in a large nonstick skillet over medium-high heat until shimmering. Add ground beef. Cook, breaking up beef with a wooden spoon as it cooks, until beef browns and no pink spots remain, about 3-5 minutes. Add onion and cook until soft, about 2 minutes. Add garlic. Cook for 1 minute. Drain excess fat if needed. Stir in taco seasoning.
4. Top tortilla chips evenly with the cooked ground beef, pinto beans, corn and cheese.
5. Bake until the cheese melts and nachos are heated through, about 7-8 minutes.
6. Remove from the oven. Sprinkle desired toppings evenly over the warm nachos. Serve immediately.

Source: Gluten-Free Living Magazine (6 servings)

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## [Beans and Rice](#)



## Beans and Rice

You can't go wrong with rice and beans. This combo makes for a nutritious and hearty side dish. Give this a twist with a unique seasoning.

### Ingredients

1  $\frac{1}{2}$  cups white rice  
3 cups vegetable broth  
2 bay leaves  
2 tablespoons olive oil  
 $\frac{1}{2}$  white onion, finely chopped  
2 cloves garlic, finely chopped  
30 ounces canned black beans or red beans, drained and rinsed  
2 tablespoons old bay seasoning  
 $\frac{1}{2}$  lime, juiced

### Method

1. Start by cooking the rice in vegetable broth with the bay leaves, preferably in a rice cooker, if possible.
2. While the rice is cooking, add olive oil to a large pan and heat. Add onion and garlic to oil and begin to cook over

medium heat until brown and translucent. Add beans, Old bay, and lime juice. Continue to sauté for 5 minutes.

3. Once rice is fully cooked, remove bay leaves, combine with bean mixture and serve hot.

Source: Gluten-Free Living Magazine (5 servings)