

SUSAN MALLERY'S Cool House Nachos

Ingredients:

- 1 Bag of tortilla chips (I love Archer Farms multi-grain chips from Target)
- 1 Can of black beans or refried beans or refried black beans
- 1 Bag of shredded Mexican cheese (usually a Jack/Cheddar mix)
- 1 Bunch of green onions, chopped
- 1 Tomato, chopped
- 1 Bunch of fresh cilantro, chopped
- 1 Jar of your favorite salsa

Instructions:

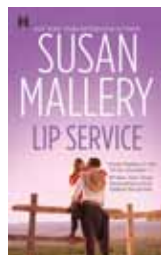
Open the can of beans and, if you're using whole beans, drain them. Put them in a bowl and warm them in the microwave for a minute or two, stirring once.

Spread a layer of chips on a plate. Sprinkle with some shredded cheese, add some beans, and then sprinkle with more cheese. Microwave until the cheese is melted, about 30 seconds. Top with other ingredients. You can also add lettuce and/or avocado if you want.

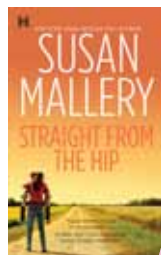
There's trouble in Texas for the **LONE STAR SISTERS**



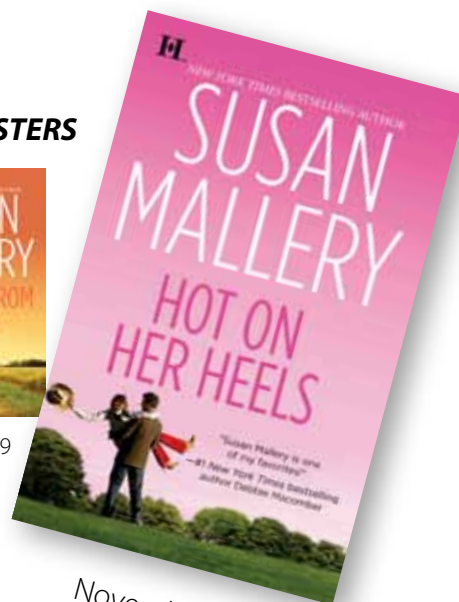
May 2009



June 2009



July 2009



November 2009