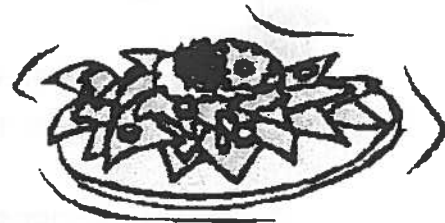


Homemade Cheese Nachos

With Fresh Salsa

5	flour tortillas
250 mL	Monterey Jack cheese, shredded
125 mL	sour cream
2	ripe, Roma tomatoes, seeded and chopped
1/2	medium white onion, chopped
2	cloves fresh garlic, peeled and minced
1/2	medium green bell pepper, seeded and chopped
1/2	fresh jalapeño pepper, seeded* You can adjust the amount to suit your taste.
15 mL	fresh lime juice
15 ml	fresh cilantro, no stems
2 mL	salt (more or less to taste)
2 mL	black pepper



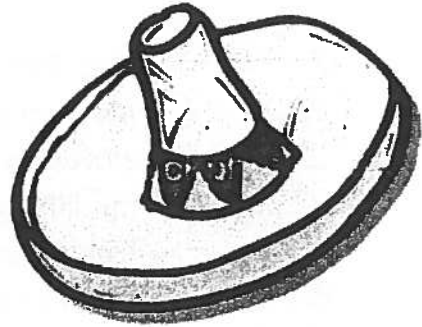
*Be careful when handling fresh jalapeno peppers. Do not allow your hands to come near your eyes. You can adjust the amount to suit your taste.

Preparing the tortillas:

1. Preheat oven to 180 degrees C (350 F)
2. Remove the tortillas from the package and make one tall stack (one on top of the other). Lightly brush each top layer with olive oil and sprinkle salt or other seasoning according to individual taste. Flip the whole stack over and repeat the process
4. Slice each tortilla into 8 wedges and place on a cookie sheet in a single layer.
5. Bake for approximately 10-15 minutes. Keep an eye on these. They can turn from a delicious golden brown to burnt brown very quickly!
6. Remove from oven and spread out to cool.

Preparing the salsa:

1. Wash tomatoes and cut into quarters. Remove the seeds and chop finely. Place in medium bowl.
2. Add the chopped onion, minced garlic and finely chopped peppers.
3. Add remaining ingredients and mix well.
4. Refrigerate until ready to serve.



Making the nachos:

1. Put half the cooled tortilla chips on an ovenproof platter or cookie sheet
2. Sprinkle with half of the shredded cheese.
3. Top with the remaining chips and end with a layer of the remaining cheese.
4. Bake until the cheeses have melted. Serve with fresh salsa and sour cream

