

Taco Beef Nuggets with Tejano Dipping Sauce



Total Recipe Time: 30 minutes

Makes 4 servings

Ingredients

1 pound ground beef (95% lean) 2 tablespoons taco seasoning mix 1 can (4 ounces) chopped mild green chilies, drained 16 cubes co-Jack cheese (1/2-inch) 1 egg white 1 tablespoon water 2 cups crushed nacho cheese-flavored tortilla chips **Sauce:** 6 tablespoons prepared thick taco sauce 3 tablespoons honey

Instructions

1. Heat oven to 400°F. Combine ground beef, taco seasoning and green chilies in large bowl, mixing lightly but thoroughly. Divide beef mixture into 16 portions; shape each portion around a cheese cube, completely covering cheese.
2. Beat egg white with water in shallow dish until blended. Place chips in second shallow dish. Dip each meatball into egg white mixture, then into chips to coat completely. Press each meatball with palm into a flattened nugget shape, generously coating both sides of nugget with chips.
3. Spray large baking pan with nonstick cooking spray. Place nuggets in baking pan; spray tops of nuggets generously with nonstick cooking spray. Bake in 400°F oven 15 to 20 minutes to medium (160°F) doneness, until not pink and juices show no pink color.
4. Meanwhile combine sauce ingredients in small microwave-safe dish. Microwave on HIGH 30 seconds or until warm. Serve nuggets with sauce.

Nutrition information per serving: 516 calories; 27 g fat (11 g saturated fat; 8 g monounsaturated fat); 96 mg cholesterol; 872 mg sodium; 37 g carbohydrate; 2.4 g fiber; 30 g protein; 4.4 mg niacin; 0.3 mg vitamin B6; 2.1 mcg vitamin B12; 3.2 mg iron; 19.1 mcg selenium; 5.3 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B12, selenium and zinc; and a good source of vitamin B6 and iron.