

Cheese and Bean Nachos

1 16-ounce can fat free refried pinto or black beans
4 tablespoons grated Monterey Jack or Cheddar cheese
1/2 cup favorite tomato salsa
1 bag baked tortilla chips
Alpenrose Sour Cream

With a dull knife or spatula spread the refried beans in an even layer on a microwave-proof platter.
Can sprinkle the cheese and salsa over top.

Cover loosely with plastic.

Place in microwave and cook on high about 2 minutes. Let cool before removing plastic.
Can stand tortilla chips in beans or serve chips alongside for dipping, place dollop of sour cream on the side.