

YELLOW SQUASH NACHOS

Hey, these are good!



Yum

Instructions:

- Barely cook slices of yellow squash; drain.
- Make toppings you like, such as cumin and oregano seasoned ground beef, homemade legal guacamole, freshly grated cheddar cheese, chopped tomatoes, cilantro, sliced black olives. Pile on, then microwave to melt cheese. Top with a dollop of SCD yogurt.



Non SCDers can enjoy all the same things, but just use tortilla chips instead of the squash.