



LAYERED BEAN DIP

Having a summer party? Enjoy a healthy dip with some whole grain corn tortilla chips:

INGREDIENTS

- 1 can vegetarian refried beans
- 1 t. chili powder
- 1 4-ounce can chopped green chilies, drained
- 1 cup fat-free or low-fat Sour Cream
- 1 cup shredded lettuce
- 1 c. chopped green onion
- 1 c. shredded reduced-fat Cheddar cheese
- 1 ½ cups thick salsa

OPTIONAL

- 1 c. diced tomatoes
- 1 small can sliced black olives
- 1 c. chopped avocado

DIRECTIONS

1. In medium bowl, mix together refried beans, green chilies and chili powder. Spread on 12-inch platter or pizza pan.
2. Spread sour cream on top of bean mixture. Top with lettuce, olives, tomatoes and cheese. Cover and refrigerate for 1-24 hours.
3. Just before serving, top with salsa. Serve with baked or low-fat corn tortilla chips.

Makes 16 appetizer servings. Adapted from Old El Paso recipe.

See more at: <http://www.uwyo.edu/foods/recipe-of-the-month>



Layered Bean Dip

Nutrition Facts

Serving Size: (0g)
Servings Per Container: 16

Amount Per Serving

Calories 80 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 600mg **25%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars <1g

Protein 5g

Vitamin A 8% • Vitamin C 20%

Calcium 8% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: SALSA MEDIUM, REFRIED BEANS, CANNED, VEGETARIAN, CHEESE, LOW FAT, CHEDDAR OR COLBY, PACE, DICED GREEN CHILIES, SOUR CREAM, REDUCED FAT, LETTUCE, ICEBERG (INCLUDES CRISPHEAD TYPES), RAW, ONIONS, YOUNG GREEN, TOPS ONLY, SPICE