



Lean & Luscious Layer Dip

Nutrition Facts

Recipe makes 6 cups
1 serving = 2 tbsp.

*29 calories, 1 g protein, 4 g carbohydrates, 1 g fat,
3 mg cholesterol, 1 g fiber, 138 mg sodium*

Ingredients

- 16 oz. can fat free spicy or zesty refried beans
- 1 tbsp. fresh-squeezed lime juice
- 1-1/2 tsp. chili powder
- 1/4 tsp. ground cumin
- 1/2 tsp. garlic powder
- 11 1/2 oz. jar guacamole dip
- 1/2 cup chopped green onion
- 1 cup light sour cream
- 3 tbsp. canned, drained, diced green chilis
- 1 seeded, chopped, vine-ripened tomato
- 4 oz. shredded 75-percent light cheddar cheese
- 2 tbsp. finely-chopped cilantro leaves
- 1/2 cup sliced, drained black olives



Directions

In a medium bowl, mix together beans, lime juice, chili powder, cumin and garlic.

Spoon bean mixture into a 6-cup glass serving bowl. Using a spatula, spread evenly to form a flat layer. Pour guacamole evenly over beans and smooth with back of a spoon. Sprinkle tomatoes over top.

In a second, small bowl, mix cheese with cilantro. Sprinkle evenly over tomatoes. Sprinkle olives over that. Cover with plastic wrap and refrigerate for at least one hour or up to one day.