

LOW FAT MEXICAN LAYER DIP



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Ingredients

Yield: 16 servings

- 1, 16 oz can fat free refried beans
- 1 c salsa
- 1 c fat free sour cream + 1 ½ tbsp taco seasoning
- 6 oz guacamole dip
- 2-4 tbsp of chopped black olives
- 1 c shredded low fat monetary jack cheese or flavor of choice
- 2 medium tomatoes diced or canned with juice drained
- 1/2 c diced green onions or jalapenos

Directions

1. In medium bowl, mix beans and salsa together.
2. In a large serving dish, spread out the refried bean mixture .Then spread sour cream on top of bean mixture and layer the guacamole on top of the sour cream.
3. Sprinkle a layer of cheese over the sour cream mixture layer. Sprinkle tomato, green onions or jalapenos and black olives over the cheese. Refrigerate and serve.

Tip: Goes great with a serving of the homemade low-fat chips

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/16th	90	4 g	5 g	12 g	457 mg

Carbohydrate Exchanges: 1