



Southwestern Layered Bean Dip



This heart-healthy dip is light on the waist without compromising great taste.

Yield: 12 servings (Serving Size: 1/2 cup)

Ingredients

- 1 (16 oz) can nonfat refried beans
- 1 (15 oz) can black beans, rinsed
- 4 scallions, sliced
- 1/2 cup prepared salsa
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 cup pickled jalapeno slices, chopped
- 1 cup shredded Monterey Jack or cheddar cheese
- 1/2 cup reduced-fat sour cream
- 1 1/2 cups chopped romaine lettuce
- 1 medium tomato, chopped
- 1 medium avocado, chopped
- 1/4 cup canned sliced black olives (optional)

Nutrition Information Amount Per Serving

Calories: 146
Calories from Fat: 43%
Fat: 7g
Saturated Fat: 3g
Protein: 7g
Carbohydrate: 15g
Fiber: 5g
Sodium: 288mg
Cholesterol: 12mg

Preparation

1. In a medium bowl, combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapeno. Transfer to a shallow 2-qt microwave-safe dish. Sprinkle with cheese.
2. Microwave on high until the cheese is melted and the beans are hot through, about 3 to 5 minutes.
3. Spread sour cream evenly over the hot mixture. Top with lettuce, tomato, avocado, and olives.
4. Serve with baked tortilla chips.

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Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617