

Seven Layer Taco Dip

12 Servings

Ingredients:

1 can fat-free refried beans (can use canned pinto beans that have been drained, rinsed, drained again and mashed)
1 - 3 ounce can chopped chilies (optional)
½ cup fat-free or low-fat sour cream
1 Tablespoon dry taco seasoning powder
½ cup taco sauce or salsa
1½ cups low-fat cheddar cheese, grated
½ cup ripe black olives, chopped
1 Tablespoons green onions, chopped
1 tomato, chopped
Large bag of baked tortilla chips

Directions:

1. In a small bowl, combine beans and chilies.
2. Spread beans on a round 10-inch platter or baking dish to 1-inch from the edge.
3. In another bowl, mix the sour cream with the taco seasoning powder and carefully spread sour cream over beans and top with taco sauce or salsa.
4. Sprinkle in even layers: cheddar cheese, black olives, green onions and tomato.
5. Serve with tortilla chips.
6. Place some of the chips around the edge of the dip and put those remaining in a separate bowl.

Each ¼ cup serving: 60 calories, 4 g fat, 2 g saturated fat, 10 mg cholesterol, 210 mg sodium, 4 g carbohydrate, 3 g protein, 1 g fiber.