Seven Layer Dip

Makes 18 servings

Ingredients

- 1 16-ounce can fat-free refried beans
- 1 1.25-ounce packet low-sodium taco seasoning (dry mix)
- 1 cup fat-free sour cream
- 2 cups shredded iceberg lettuce
- 1 cup grated low-fat cheddar cheese
- 5 medium green onions, chopped
- 5 medium tomatoes, chopped
- ½ cup canned black olives
- 1 medium lime
- 18 ounces baked tortilla chips

Directions

1. Mix together the refried beans and taco seasoning. Then spread on the bottom of an ungreased 9-by-9-inch dish. (You can also use a 9- or 10-inch pie pan.)
2. Spread sour cream on top of bean mixture.
3. Make layers with the following ingredients (in this order): lettuce, cheese, green onions, tomatoes and black olives.
4. Roll the lime on your countertop to soften and then cut in half. Squeeze lime halves to sprinkle dip with juice.
5. Cover with plastic wrap and let chill in the refrigerator for at least 1 hour.
6. Serve chilled with baked tortilla chips.

Allina Health

APPETIZER OR SNACK

TIP

You can save money by buying a head of lettuce and block of cheese to shred yourself at home.

Visit allinahealth.org/recipes for more healthful recipe ideas.

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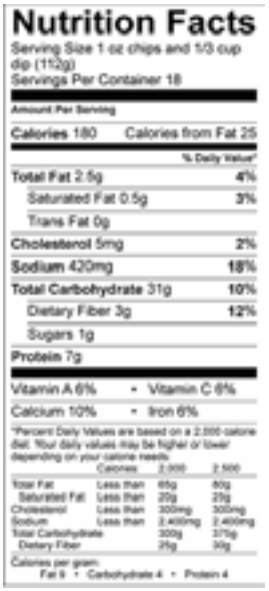

Nutrition Facts

Serving Size 1 oz chips and 1/3 cup dip (112g)
Servings Per Container 18

Amount Per Serving	
Calories 180	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 7g	

Vitamin A 6% • Vitamin C 6%
Calcium 10% • Iron 6%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk, wheat, soy
Carb choices per serving: 2