

Southwestern Layered Bean Dip

12 servings, about 1/2 cup each

Total Time: 20 minutes

Ingredients

- 1 16-ounce can nonfat refried beans, preferably “spicy”
- 1 15-ounce can black beans, rinsed
- 4 scallions, sliced
- 1/2 cup prepared salsa
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 cup pickled jalapeño 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)



Preparation

1. Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapeños in a medium bowl. Transfer to a shallow 2-quart microwave-safe dish; sprinkle with cheese.
2. Microwave on High until the cheese is melted and the beans are hot, 3 to 5 minutes.
3. Spread sour cream evenly over the hot bean mixture, then scatter with lettuce, tomato, avocado and olives (if using).

Tips & Notes

Make Ahead Tip: Prepare through Step 1, cover and refrigerate for up to 1 day. To serve, continue with Steps 2 & 3.

Nutrition

Per serving: 146 calories; 7 g fat (3 g sat , 3 g mono); 12 mg cholesterol; 15 g carbohydrates; 7 g protein; 5 g fiber; 288 mg sodium; 164 mg potassium.

Link: http://www.eatingwell.com/recipes/southwestern_layered_bean_dip.html

