



Five-Layered Mexican Dip

Serves 8

½ cup low fat sour cream
½ cup salsa
1 can fat free refried beans
2 cups shredded lettuce
½ cup chopped tomato
¼ cup shredded low fat cheese
chopped fresh cilantro (optional garnish)

- Mix sour cream and salsa.
- Spread refried beans in a shallow glass bowl.
- Top with sour cream/salsa mixture, spreading to cover bean dip.
- Just before serving, top with lettuce, tomato and cheese. Garnish with cilantro.

Serve with cut veggies, or baked chips.

Nutritional Information:

Calories: 86
Total Fat: 2g
Saturated Fat: 1g
Total Carbohydrate: 12g
Dietary Fiber: 3g
Protein: 3g