

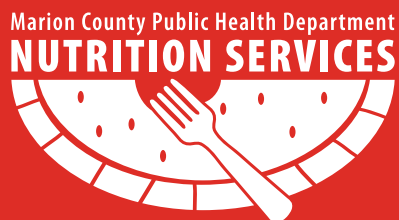


SEVEN LAYER TACO DIP

RECIPE MAKES 12 servings
SERVING SIZE = 1/2 cup

NUTRITION INFORMATION

Calories: 223
Total Fat: 10 g
Saturated Fat: 2 g
Cholesterol: 4 mg
Sodium: 395 mg
Total Carbohydrate: 24 g
Fiber: 9 g
Sugars: 0 g
Protein: 11 g



SEVEN LAYER TACO DIP

Packed with fiber and protein, this taco dip is a well-rounded, nutrition powerhouse to bring to your next gathering. This version of 7-layer taco dip includes some sneaky substitutions with more healthy sources of fat and less saturated fats compared to many other dip recipes. Enjoy this recipe with tortilla chips, sliced bell peppers, or over a bed of crunchy lettuce.

INGREDIENTS

2 (16 oz) cans refried black or pinto beans
3 medium ripe avocados
2 Tbsp lemon juice
¼ tsp ground pepper
1 ½ cup plain non-fat Greek yogurt
2 Tbsp low sodium taco seasoning
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 teaspoon chili powder
3-4 green onions, diced
1/3 cup pitted sliced black olives, drained
3 medium ripe tomatoes, diced
4 ounces grated sharp cheddar cheese

DIRECTIONS

Peel, pit, and mash avocados in a bowl with lemon juice and pepper (or blend in a blender). If you are in a hurry, you can substitute 1 cup of pre-made guacamole.

In another bowl, combine yogurt, taco seasoning, chili powder, cumin, and smoked paprika.

To assemble: In a 9 inch by 11 inch pan, spread each of the layers evenly. Layer the dip: first with refried beans, then avocado mixture, then yogurt/ taco mixture, chopped green onions, tomatoes, and olives. Finish with cheese.

RECIPE NOTES

Fiber is essential for weight management, digestive health, and cancer prevention to name a few. Beans and vegetables found in this recipe are a great source of fiber. The Mayo Clinic recommends men eat 30-38 grams of fiber a day and women eat 25-34 grams. The average American only consumes about 15 grams of fiber a day, a far cry from our recommended value. Challenge yourself to eat plenty of fiber rich fruits, vegetables, beans, and whole grains.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.