

Healthier Seven Layer Dip

Yield: 12 Servings

INGREDIENTS:

- 1 (16 ounce) can fat-free refried beans
- 4 cups shredded 2% milk-fat Cheddar-Monterey Jack cheese blend
- 1 (8 ounce) container fat free sour cream
- 1 cup guacamole
- 1 cup salsa
- 1 (6 ounce) can banana peppers, chopped
- 1/2 cup chopped tomatoes
- 1/2 cup chopped green onions
- 1 packet of taco seasoning

DIRECTIONS:

1. Spread the beans into the bottom of a 9x13 inch serving tray that is about 1 1/2 inches deep.
2. Sprinkle 2 cups of shredded cheese on top of beans.
3. Mix taco seasoning in with sour cream.
4. Spread sour cream very slowly on top of beans. Spread guacamole on top of sour cream.
5. Pour salsa over guacamole and spread evenly.
6. Sprinkle remaining shredded cheese.
7. Sprinkle banana peppers, tomatoes, and green onions on top.

Serving Size: 12

Calories: 198

Fat: 11g