

Warm Layered Dip

Julie Miltenberger

Family Circle Magazine - February 2013

Servings: 16

2 cans (16 ounce ea) refried beans
1 cup jarred salsa verde
1 package (8 ounce) Mexican cheese blend, shredded
2 teaspoons ancho or regular chili powder
1 cup sour cream
1/2 red onion, finely chopped
3 tablespoons white vinegar
1/2 teaspoon sugar
2 plum tomatoes, seeded and diced
1 cup (about 6 ounce) shredded lettuce
1 avocado, peeled, pitted and diced
traditional tortilla chips OR Tostitos Scoops (for dipping)

Preparation Time: 15 minutes

Bake: 30 minutes

Preheat the oven to 375 degrees.

Coat a 1-1/2-quart baking dish with nonstick cooking spray.

Spread one can of the refried beans into the prepared dish. Top with one-half cup of the salsa and one cup of the cheese. Stir the remaining can of beans to loosen, then carefully spread over the cheese layer. Top with the remaining one-half cup of salsa and one cup of cheese.

Cover the dish with foil. Bake for 30 minutes.

Meanwhile, microwave the chili powder in a small glass dish for 45 seconds until toasted. Stir into the sour cream.

In a small bowl, combine the red onion, vinegar and sugar. Set aside.

Remove the warm dish from the oven. Uncover and top with the sour cream, tomatoes, lettuce, avocado and pickled red onions.

Serve with chips.

Per Serving (excluding unknown items): 90 Calories; 5g Fat (51.1% calories from fat); 3g Protein; 9g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 144mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	90	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	36.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	40mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	6mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	144mg	Vegetable:	0
Potassium (mg):	257mg	Fruit:	0
Calcium (mg):	37mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	305IU		
Vitamin A (r.e.):	53RE		

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 90 **Calories from Fat:** 46

% Daily Values*

Total Fat 5g	8%
Saturated Fat 2g	12%
Cholesterol 6mg	2%
Sodium 144mg	6%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	9%
Protein 3g	
Vitamin A	6%
Vitamin C	9%
Calcium	4%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.