

# Mexican Layered Dip

## Ingredients:

- 1 (16 ounce) can refried beans
- 1 cup salsa (mild, medium or hot)
- 1 cup low-fat or no-fat sour cream
- 1 cup shredded sharp light Cheddar cheese
- 1/2 cup chopped green onions
- 1/4 cup chopped red pepper



## Instructions:

1. Spread refried beans in the bottom of a shallow edged serving dish.
2. Layer the salsa over the beans, and the sour cream over the salsa.
3. Sprinkle the entire layered dip with light cheddar cheese, followed by green onion and red peppers.
4. Cover and refrigerate until ready to serve. Serve with whole-grain tortilla chips.

### In motion Nutrition Tip:

Not all Refried beans are alike. So, be sure to read your labels. To make a healthy choice, select a brand of refried beans that **do not** contain lard!