

7-Layer Bean Dip

Hands-on - 20 min.

Serves 32 or 4

Thanks to our neighbors, Dan & Karen Hettel, you can make this popular party appetizer which has been a hit at many of our get-togethers. It's both attractive and delicious!

32 as an appetizer

4 as a meal

2 cups *Benito Bean Dip* (page 27)

20 minutes before serving:

Spread this mixture all across a large decorative serving platter.

3 green onions, chopped

2 cups shredded lettuce

1 green pepper, seeded and chopped

2 tomatoes, chopped


1/2 cup reduced-fat shredded cheddar cheese[†]

15 slices black olives (opt)

Layer over *Bean Dip* in the order listed.

1 lg bag baked tortilla chips (*Tostitos*)

Open chips, it's party time!



Also makes
a delicious,
yet healthy,
Friday night
meal!

[†]See reduced-fat cheese tip on page xi (introduction).

Nutrition information for approximately 2 T dip with 5 baked tortilla chips

Calories	72	Fat	1 g	Fiber	2 g	Sodium	176 mg	Total Carbohydrate	13 g
Calories from Fat	12%	Saturated Fat	0 g	Cholesterol	1 mg	Protein	3 g	Sugars	0 g