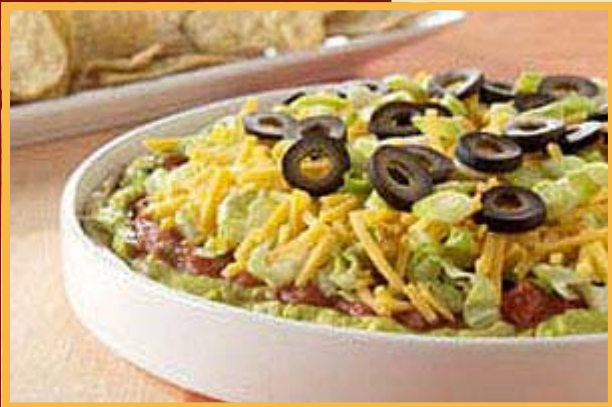


Mexican Layer Dip



Total Time:
1hr. 10 mins

Prep Time:
10 mins.

Makes:
5 cups
2 tbsp. ea.

Ingredients:

- 1 pkg. (8 oz.) Sour Cream
- 1 tbsp. taco seasoning
- 1 cup of chunky salsa
- 1 cup of drained black beans
- 4 green onions, chopped
- 1 cup fat-free shredded Mexican -style cheese
- 1 cup shredded lettuce
- 2 tbsp. Black olives
- Tortilla chips

Preparation:

MIX sour cream in medium bowl with seasoning mix; beat until well blended. Spread onto bottom of serving plate or 9-inch pie plate.

TOP with all remaining ingredients, except chips; cover.

REFRIGERATE at least 1 hour before serving. Serve with chips.

Nutrition Facts:

150 Calories **3.5g of Fat**
25g of Carbs **2g of Fiber**
0g of Sugar **5g of Protein**