

3-A-Day™ of Dairy

SOUTHWESTERN TACO DIP

Recipe created by 3-A-Day™ of Dairy

Makes 10 servings (3/4 cup per serving)

Prep time: 20 minutes

Ingredients:

- 2 teaspoons chili powder
- 1 (16-ounce) can spicy fat-free refried beans
- 1/3 cup chunky medium salsa
- 1 (8-ounce) container plain fat-free or low-fat yogurt
- 1 cup finely chopped iceberg lettuce
- 1 cup shredded reduced-fat Mozzarella cheese
- 1 cup shredded reduced-fat Cheddar cheese
- 1 tomato, seeded and chopped
- 1/3 cup sliced green onion, including tops
- 2 tablespoons chopped black olives

Stir chili powder into beans and spread evenly onto a clear pie dish. Spread yogurt over the bean dip, then spread the salsa over the yogurt, leaving a narrow border around each layer's edge. Scatter lettuce over yogurt mixture. Sprinkle Mozzarella and Cheddar cheese over lettuce and top with tomato, green onion and olives.

Suggested servings: Serve with baked tortilla chips or an assortment of sliced vegetables such as carrots, celery and cucumber.

Note: May substitute Mexican-blend cheese for the Mozzarella and Cheddar, if desired.

Nutrition Facts per serving for individual food:

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|---------------|-----------------|
| Calories | 180 |
| Total Fat | 4.5 g |
| Saturated Fat | 3 g |
| Cholesterol | 15 mg |
| Sodium | 350 mg |
| Calcium | 30% Daily Value |
| Protein | 11 g |
| Carbohydrates | 14 g |
| Dietary Fiber | 3 g |