

## 7 Layer Bean Dip

Yield: 32 serving – 1 serving = 2 TBSP

### Ingredients

1 15 oz. can of black beans (2 cups)

1 TBSP chili powder

½ tsp ground cumin

1 cup of non-fat Greek yogurt

¾ cup shredded cheddar cheese

3 green onions, thinly sliced

1 tomato, chopped

¾ cup of shredded lettuce

### Directions

1. Rinse and drain black beans. Place in a clear baking dish and mas with a fork to resemble refried beans. Sprinkle chili powder and cumin on top of beans.
2. Layer yogurt on top of bean mixture.
3. Sprinkle cheese on top of yogurt.
4. Sprinkle on the next 3 ingredients (green onions, tomato and lettuce)
5. Serve with chips (not part of the nutrition analysis)

Optional garnishes include: fresh cilantro, fresh chopped jalapenos, chopped avocado

Nutrition per serving (2 TBSP): calories 45, total fat 1 gm, saturated fat 1.50 gm, 115 mg of sodium

**Recipe submitted by winner in Clearwater: Christina Oiler**