

Muy Bueno Bean Dip

6 Servings

What you need:

- 1 (16 oz) can fat-free or vegetarian refried beans
- ½ cup of your favorite salsa
- 2 TBSP taco seasoning mix
- ½ cup “light” sour cream
- ½ cup cheddar cheese, shredded



All you do:

1. In a medium bowl, mix together refried beans, salsa, and taco seasoning mix.
2. Spread bean mixture evenly over the bottom of a 8-in. x 8-in. dish or a 9-in. pie pan.
3. Spread sour cream over the bean mixture.
4. Sprinkle cheese evenly over the sour cream.
5. Cover and chill in the refrigerator until serving time.

Nutrition Information per serving (about ½ cup or 8 Tbsp): 140 calories, 5g total fat, 3g saturated fat, 15 mg cholesterol. 710mg