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Lightened-Up 7 Layer Dip

INGREDIENTS

- 1 Can (14 oz.) Non Fat Refried Beans
- 1 Cup Hummus
- ½ Packet (1.25 oz) Taco Seasoning (*see recipe note)
- 1 Jar (16 oz.) Chunky Red Salsa
- 1½ Cups Pico De Gallo
- 1½ Cups Guacamole
- 1 Cup Reduced Fat Monterey Jack Cheese, shredded

Optional Flag Topping:

- Black Beans (low sodium), drained and rinsed
- Cherry Tomatoes, cut in half

DIRECTIONS

In an 8 x 8 pan, spread the refried beans in an even layer. In a bowl, combine the hummus and half the package of taco seasoning. Mix well. Spread the hummus evenly on top of the beans. Top evenly with remaining layers starting with the chunky salsa and ending with the guacamole. Top with cheese and refrigerate for 2 hours before serving. Serve with your favorite chips! (*see recipe notes)

Optional Flag Topping: Place a handful of black beans in the corner of the dip on top of the guacamole. Shape them into a square. Place the cherry tomato halves in a few straight lines alternating with lines of cheese in between.

*Recipe notes:

I used [Mrs. Dash](#) sodium-free Taco Seasoning Mix.

My very favorite brand of chips is [Late July](#). I love the Sea-Salt & Lime Restaurant.

Recipe source: <http://mariahspleasingplates.com/lightened-up-7-layer-dip/>