

## **Layered Bean Dip**

16 oz. fat-free refried beans  
16 oz. fat-free sour cream  
1/2 pkt. taco seasoning mix  
4 oz. green chiles, diced  
3 oz. black olives, sliced  
1/2 medium avocado, cubed  
2 medium tomatoes, diced  
3/4 cup fat-free Monterey Jack cheese,  
shredded  
3 tbsp. chives  
Lowfat tortilla chips

In a large bowl, combine beans, sour cream and taco seasoning mix. Transfer to a 9" pie plate or a large, shallow bowl. Layer the remaining ingredients in the order given. Serve with lowfat tortilla chips. Makes 15 servings.

Nutrition information per serving: calories 80; protein 6 grams; fat 2 grams; sodium 390 mg