

## Nine Layer Dip

2 strips lean bacon, diced  
1 can 16 oz Fat Free Refried Beans  
1/2 cup sour cream, fat free  
1/2 tsp taco seasoning  
3/4 cup cheddar cheese, shredded  
3/4 cup guacamole, frozen  
1/3 cup tomatoes, diced  
1 Tbsp fresh cilantro, chopped finely  
2 Tbsp black olives, sliced  
2 Tbsp green onions, finely sliced

Fry diced bacon in pan until well cooked; add refried beans and cook slowly and stir frequently until the bacon and bacon drippings are mixed throughout the beans-about 15 minutes; remove from heat. Mix taco seasoning with sour cream and set aside. Spread refried beans on a serving platter to about 1-1 1/2 inches thick. Top with 1/2 cup of shredded cheese; sour cream/taco seasoning mix; guacamole; tomatoes; diced cilantro, black olives, sliced green onion and 1/4 cup of shredded cheddar. Serve with baked tortilla chips. Makes 12 servings

Nutrition information per serving: 134 calories; 7 grams protein; 9 grams fat; 11 grams carbohydrate; 393 mg sodium