

Bean Dip

2 - 16 oz. cans fat-free refried beans
1 cup fat-free sour cream
1/2 cup fat-free mayonnaise
1.8 oz. pkg. taco seasoning mix
2 medium tomatoes, diced
3.8 oz. can black olives, sliced, drained
1 bunch green onions, chopped
8 oz. fat-free cheddar cheese, shredded

Spread both cans of fat-free refried beans on bottom of 9" x 13" pan. In a mixing bowl, blend together fat-free sour cream, mayonnaise and taco seasoning. Spread mixture over layer of beans. Sprinkle tomatoes, black olives, green onions and cheese on top of mixture. Serve with baked tortilla chips.
Makes 15 servings

Nutrition information per serving: calories 100; protein 7 grams; fat 1 gram; sodium 531 mg