

# 7 Layer Bean Dip

## Ingredients:

- 1 can nonfat refried beans
- 1 1/2 cups plain Greek yogurt, non-fat
- 2 tablespoons taco seasoning mix
- 2 cups Shredded Lettuce
- 1 cup Fat Free Shredded Cheddar cheese
- 2 roma tomatoes, diced
- 1 green onion, sliced
- Optional: pickled jalapenos



## Directions:

1. In a small bowl, mix Greek yogurt and taco seasoning
2. In a serving dish spread refried beans in an even layer, top with greek yogurt mixture.
3. Top with lettuce, cheese, tomatoes, green onions, and jalapenos
4. Serve with tortilla chips

## Optional additional layers:

- Guacamole
- Olives
- Salsa
- Hot sauce
- Shredded chicken
- Ground beef
- Bell peppers

## Nutrition Facts

Servings: 8

Amount per serving

**Calories** **82**

% Daily Value\*

**Total Fat** 0.1g **0%**

Saturated Fat 0g **0%**

**Cholesterol** 4mg **1%**

**Sodium** 582mg **25%**

**Total Carbohydrate** 9.4g **3%**

Dietary Fiber 2.4g **8%**

Total Sugars 2.1g

**Protein** 10g