

7 LAYER DIP

INGREDIENTS

- 1 C. PLAIN NONFAT GREEK YOGURT
- 1/2 TSP. GROUND CUMIN
- 1/4 TSP. PAPRIKA
- 1/4 TSP. SALT
- 1/8 TSP. CAYENNE PEPPER
- 1 CAN BLACK BEANS, DRAINED AND RINSED
- 1 1/2 LARGE AVOCADOS
- 1/2 LIME, JUICED
- 2 TOMATOES, CHOPPED
- 2 GREEN ONIONS, ALICED
- 2 TBSP. CILANTRO, MINCED
- 1/4 C. CRUMBLLED QUESO FRESCO

DIRECTIONS

1. IN A SMALL BOWL, STIR TOGETHER YOGURT, CUMIN, PAPRIKA, SALT AND CAYENNE
2. SPREAD BLACK BEANS IN THE BOTTOM OF A GLASS BAKING DISH, TOP WITH YOGURT MIXTURE.
3. IN A BOWL, MASH AVOCADOS AND STIR IN LIME JUICE. SPREAD OVER THE YOGURT.
4. LAYER THE AVOCADOS, TOMATOES, GREEN ONIONS, CILANTRO, AND QUESO FRESCO, OVER THE YOGURT MIXTURE.
5. SERVE WITH TORTILLA CHIPS OR FRESH VEGETABLES.

