

## **7 Layer Tex-Mex Dip**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Makes: fills one 9 inch pie plate

**CHints:** This is designed to be served as soon as it is made. However, this can be made up to 2 hours ahead and refrigerated covered. When ready to serve, pop in the microwave for 20 seconds to take the chill off the dip. If you are using a metal pan, pop into a 350 degree F oven for 10 minutes.

16 ounce can refried beans  
2 tablespoons taco seasoning mix  
1 cup reduced fat sour cream  
1 cup salsa, mild to hot, your choice  
1 cup lettuce, shredded  
1 large tomato, diced  
1 avocado, diced  
1 tablespoon fresh lime or lemon juice  
3/4 cup shredded cheddar cheese  
1/3 cup black olives, chopped  
3 green onions, green parts and part of the white, diced  
Tortilla chips

In a mixing bowl, combine the beans and taco seasoning. Spread in the bottom of a 9 inch pie plate. To ensure that each person gets a bite of everything, each layer of the ingredients needs to be spread or sprinkled evenly across the pan. Layer the dip in the order listed.

Rinse and dry the mixing bowl and this time combine the sour cream and salsa together. Spread that over the beans. Sprinkle the lettuce and top with the tomatoes.

To cut the avocado, run a sharp knife lengthwise around the fruit. Gently pull apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Take one half at a time and slice the flesh in 3 equal sliced lengthwise and turn it sideways and make 4-5 slices. Use a spoon to lift out the flesh and it will come out already cut into pieces. Sprinkle the lemon or lime juice over the avocado so it doesn't turn dark when exposed to the air. Scatter this over the tomatoes.

Add the cheese, olives and green onions and serve with chips.