



Layered Taco Dip



Makes 20 (1/2 cup) servings. Each serving has 60 calories, 3 g fat, 4 g protein, 6 g carbohydrates, 1 g fiber and 260 mg sodium.



Prep time: 10 minutes

DIRECTIONS:

INGREDIENTS:

- 8 oz. fat-free cream cheese
- 8 oz. plain Greek yogurt
- 16 oz. jar salsa
- 1/2 pkt. Taco seasoning (3 Tbsp.)
- 2 c. lettuce, shredded
- 2 roma tomatoes, diced
- 1/2 c. red onion, diced
- 1 bell pepper, diced
- 3/4 c. black beans, drained and rinsed
- 1/2 c. cheddar cheese, shredded



Add first four ingredients to a bowl.



Combine with electric mixer.



Spread in a 9x13 inch pan.



Top with lettuce and tomatoes.



Layer onion, pepper and black beans on top.



Sprinkle with shredded cheese.