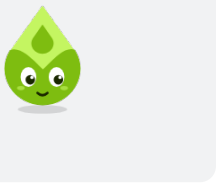
Snack, Latin American

# Layered Avocado Taco Dip

Spiced refried beans and creamy mashed avocado form the base of this layered dip, topped with salsa, tomato, romaine lettuce and shredded Mexican cheese blend.

| 20 min | 50 | 4 g | 1 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Nut free

## Ingredients, 12 servings

- [ ] 1 (16-oz) can refried beans (fat-free)
- [ ] 2 tsp chili powder
- [ ] 1/2 tsp cumin
- [ ] 1/4 tsp garlic powder
- [ ] 1 1/2 med avocado (mashed)
- [ ] 1/3 cup salsa
- [ ] 1 large tomato(es) (seeded and diced)
- [ ] 1 cup romaine lettuce (shredded)
- [ ] 1 cup shredded Mexican cheese blend

## Method

- [ ] 1 Stir the refried beans, chili powder, cumin and garlic powder together in a medium bowl until evenly blended.
- [ ] 2 Spread the bean mixture in an even layer over a medium serving platter, then smooth the mashed avocado over the top.
- [ ] 3 Spread the salsa in a layer over the avocado.
- [ ] 4 Scatter the tomato, romaine lettuce and shredded Mexican cheese blend evenly over the salsa.
- [ ] 5 Serve the dip with your choice of baked tortilla chips, black bean chips or jicama slices. If you follow a gluten-free diet, make sure tortilla chips are unseasoned and gluten-free.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **50** |
| **Total fat** | 3 g |
| Saturated fat | 1 g |
| **Sodium** | 125 mg |
| **Total carbs** | 4 g |
| Fiber | 1 g |
| Total sugars | 1 g |
| **Protein** | 2 g |

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