

Mexican Dip

2-15 ounce cans refried beans	2 cups shredded lettuce
1 ¼ ounce package taco seasoning	2 small tomatoes, chopped
1-8 ounce carton sour cream	1 cup chopped green onion
8 ounces shredded cheddar cheese	2 ¼ ounce can sliced black olives

In a mixing bowl, combine refried beans and taco seasoning and mix well. Spread mixture on serving platter. Spoon sour cream evenly over beans and spread carefully. Sprinkle with cheese. Arrange lettuce, tomatoes, green onions, and black olives on top. Chill for at least 1 hour. Serve with tortilla chips or wheat crackers.

Variations: Add a layer of guacamole and/or a layer of approximately ½ pound of ground beef, browned, drained and seasoned to taste.

Basic recipe yields approximately 26-¼ cup servings with 86 calories per serving.

M. Andrew Brister

Trinity County

Intermediate-Nutritious Snacks