

## Fiesta Dip

*Tex-Mex flair is an American favorite!*

Serves: 12

### Ingredients:

- 1/2 cup fat-free refried beans (about 1/2 of a 16-ounce can)
- 1/2 cup fat-free sour cream
- 1 tablespoon dry taco seasoning
- 3/4 cup picante sauce
- 2 or 3 green onions, chopped
- 1 small tomato, chopped
- 1/4 cup sliced black olives, drained
- 1 cup low fat shredded cheese (cheddar or co-jack)

### Directions:

1. Spread refried beans in a glass pie plate.
2. Mix sour cream and taco seasoning in a small bowl.
3. Spread sour cream mixture over refried beans.
4. Pour picante sauce on top of sour cream mixture.
5. Sprinkle onions, tomato, black olives and cheese on top.

*Nutrition Facts: One serving provides 45 calories, 1g total fat, 5mg cholesterol, 310mg sodium, 6g total carbohydrate*

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Research and Extension. This institution is an equal opportunity employer.

This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

K-STATE RESEARCH AND EXTENSION  
FAMILY NUTRITION PROGRAM



#### Chef's Choice

- Fiesta Dip
- Carrots and celery
- Whole wheat crackers
- Homemade Tortillas
- Low fat milk

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