

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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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