

7-Layer Dip



Servings: 18

2 cups refried beans
1 1/2 cups guacamole
2 cups salsa
1/3 cup green onion, sliced
1/3 cup black olives, sliced
1/2 cup lettuce, sliced
1/2 cup cherry tomatoes, cut in half
1/4 cup mayonnaise
2 tablespoons lime juice

Spread the refried beans in an even layer into the bottom of a 9-inch wide bowl.

Spoon on guacamole smoothing into an even second layer.

Pour over salsa smoothing into a third layer.

Sprinkle on an even layer of green onion, black olives, lettuce, and cherry tomatoes.

In a small bowl whisk together mayonnaise and lime juice. Drizzle the mixture over the tomato layer.

Serve with chips.

Per Serving (excluding unknown items): 80 Calories; 5g Fat (48.3% calories from fat); 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 382mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 27mg Calcium; 1mg Iron; 294mg Potassium; 49mg Phosphorus.
Exchanges: .