



Southwestern Layered Bean Dip

This is almost a salad, brimming with vegetables!

12 servings

2 15-ounce cans black beans, drained

4 scallions, sliced

½ cup prepared salsa

½ teaspoon ground cumin

1 teaspoon chili powder

1 cup shredded cheddar cheese

½ cup reduced fat sour cream

1 ½ cups lettuce, chopped

1 medium tomato, chopped

1 medium avocado

Optional: ½ can black olives, drained and sliced

Directions

Combine black beans, scallions, salsa, cumin, chili powder and jalapenos in a medium bowl. Transfer to a shallow 2-quart microwave-safe dish; sprinkle with cheese.

Microwave on High until the cheese is melted and the beans are hot, 3 to 5 minutes.

Spread sour cream evenly over the hot bean mixture, then scatter with lettuce, tomato, avocado and olives (if using). Serve with celery stalks, green pepper wedges or your favorite tortilla chips.