

7-LAYER BLITZ DIP

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Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving = 1/3 cup)

Nutrition (per serving)

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|--------------------|------------------------|
| Calories: 134 | Total Carbohydrate: 12 |
| Total Fat: 7 g | Dietary Fiber: 5 g |
| Saturated Fat: 2 g | Total Sugars: 2 g |
| Sodium: 175 mg | Protein: 6 g |

Ingredients

- 1 - 10 ounce can no salt added Rotel[®] diced tomatoes & green chilies, drained
- 2 teaspoons chili powder
- 3/4 teaspoon ground cumin
- 1/2 teaspoon garlic powder, divided into two 1/4 teaspoon measurements
- 1/8 teaspoon ground black pepper
- 1 cup nonfat plain Greek yogurt
- 1 - 15 ounce can low sodium black beans, drained and rinsed
- 3 medium ripe avocados, pit removed and peeled
- 1 Tablespoon + 1 1/2 teaspoons fresh lime juice
- 1/4 cup fresh cilantro, chopped
- 3/4 cup queso fresco, crumbled
- 1 - 2.25 ounce can sliced black olives, drained
- 2 small (or 3/4 cup) roma tomatoes, diced
- 1/3 cup green onion tops, sliced

Directions

1. In a medium bowl, stir together Rotel[®] tomatoes & green chilies, chili powder, cumin, 1/4 teaspoon garlic powder, ground black pepper, and yogurt.
2. Spread yogurt mixture evenly in 7 x 11 inch baking dish.
3. Layer black beans on top of yogurt mixture and gently pressed beans into yogurt.
4. In a medium bowl, mash avocado. Add in lime juice, cilantro, and remaining garlic powder. Mix until well combined. Spread over black beans.
5. Over avocado mixture, sprinkle queso fresco, black olives, tomatoes, and green onions.
6. Serve with pita chips or vegetables.