

Muy Bueno Bean Dip

IOWA

Student Wellness

Ingredients

- 1 (16 ounce) can refried beans
- 1/2 cup of your favorite salsa
- 2 tablespoons taco seasoning mix
- 1/2 cup plain yogurt or sour cream
- 1/2 cup cheddar cheese, shredded

Directions

1. In a medium bowl, mix together refried beans, salsa, and taco seasoning mix.
2. Spread bean mixture evenly over the bottom of a 8 x 8-inch dish or a 9-inch pie pan.
3. Spread yogurt or sour cream over the bean mixture.
4. Sprinkle cheese evenly on top.
5. Cover and chill in the refrigerator until serving time. Serve with fresh vegetables or tortilla chips.



Makes 6 servings

*Nutrition information per serving:
(about 1/2 cup) 140 calories, 5g total
fat, 3g saturated fat, 15 mg
cholesterol. 710mg*