



Amazing Ate-Layer Dip



1/8th of recipe (about 1 cup): 105 calories, 0.5g total fat, 323mg sodium, 19g carbs, 4g fiber, 3g sugars, 7g protein

Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

1 cup diced onion
2 cups chopped cherry tomatoes
2 1/2 cups cubed butternut squash
1 tbsp. taco seasoning mix
1 cup frozen ground-beef-style soy crumbles
1 cup canned black beans, drained and rinsed
4 cups shredded lettuce
1/2 cup fat-free sour cream
1/4 cup shredded fat-free cheddar cheese
1/3 cup roasted red peppers packed in water, drained and chopped
Optional seasonings: salt, black pepper, lime juice

Directions

In a medium bowl, mix onion with 1 cup tomatoes. If you like, season to taste with salt, black pepper, and lime juice.

Place squash in a microwave-safe bowl with 2 tbsp. water. Cover and microwave for 6 minutes, or until squash is tender enough to mash.

Sprinkle squash with 1 tsp. taco seasoning. Thoroughly mash and mix.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir soy crumbles until thawed, about 3 minutes.

Add remaining 1 cup tomatoes and remaining 2 tsp. taco seasoning. Cook and stir until hot, about 3 more minutes.

If you like, microwave black beans in a microwave-safe bowl for 30 seconds, or until warm.

In a deep flat-bottomed serving dish, evenly layer ingredients: lettuce, mashed squash, onion-tomato mixture, sour cream, black beans, soy crumble mixture, cheese, and chopped red peppers. Dip in!

MAKES 8 SERVINGS

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