



HG's Ultimate Ate-Layer Dip



1/8th of recipe (about 3/4 cup): 139 calories, 3g total fat (1.5g sat. fat), 426mg sodium, 13g carbs, 3.5g fiber, 2.5g sugars, 14g protein

Prep: 15 minutes **Cook:** 5 minutes



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Ingredients

One 16-oz. can fat-free refried beans
1/4 tsp. chili powder
3/4 tsp. cumin
1/2 tsp. onion powder
1/2 tsp. garlic powder
8 oz. raw extra-lean ground beef (4% fat or less)
1/4 tsp. salt
1 cup fat-free plain Greek yogurt
1/2 cup shredded reduced-fat Mexican-blend cheese
2 cups shredded lettuce
1 cup chopped tomatoes
1/4 cup chopped scallions
1/4 cup sliced black olives
Serving suggestions: cut veggies, baked tortilla chips

Directions

In a medium bowl, combine refried beans, chili powder, 1/2 tsp. cumin, and 1/4 tsp. each onion powder and garlic powder. Mix well.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add ground beef, and season with salt and remaining 1/4 tsp. each cumin, onion powder, and garlic powder. Cook and crumble until beef is fully cooked, about 5 minutes.

Spread seasoned beans into a deep flat-bottomed serving dish, and evenly layer remaining ingredients: beef, yogurt, cheese, lettuce, tomatoes, scallions, and olives. Serve cold or at room temperature.

MAKES 8 SERVINGS

HG Tip: Don't have a deep flat-bottomed serving dish? Use an 8" X 8" baking pan or a 9-inch pie pan.

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