

INDIVIDUAL 7-LAYER DIP CUP



Avocados
From
Mexico

◆ ALWAYS
IN SEASON ◆

INDIVIDUAL 7-LAYER DIP CUP

Yield: 8 Servings | Prep Time: 25 minutes

Ingredients:

- 3 medium ripe Avocados From Mexico
- 1 (15.5 oz.) can refried beans
- 1½ tbsp. taco seasoning, recipe follows in notes (or to taste)
- 2 tbsp. fresh lime or lemon juice
- Salt and freshly ground black pepper, to taste
- 1 cup non-fat or light plain Greek yogurt (or reduced-fat sour cream)
- 1 cup chunky salsa
- 1 cup of corn, drained (unsalted)
- ½ cup diced tomatoes
- 1 cup finely shredded cheddar cheese (4 oz.)
- ½ cup of chopped black (or green) olives (optional)
- ¼ cup green onions, chopped
- ¼ cup fresh cilantro, chopped (optional)
- 1 bag tortilla chips
- 8 plastic or glass serving cups, clear

Instructions:

- Combine refried beans with taco seasoning and mix well. Add 1-2 tablespoons of water, as desired to combine bean mixture until smooth.
- Remove avocados from the skin and mash with lime juice to reach desired texture.
- To assemble: Add 2-3 tablespoons of the bean mixture to the bottom of each cup. Spread into an even layer using the back of a spoon. Add a spoonful of the corn, then avocado. Follow with a layer of a spoonful of Greek yogurt (or sour cream), then a spoonful of salsa. Sprinkle with a layer of cheese, then finish by layering tomatoes, olives, cilantro and green onions. Store in refrigerator and serve with tortilla chips.