Seven-Layer Party Dip

About the Recipe

131 Calories · 4 g Protein · 5 g Fiber
Appetizers

Ingredients

Makes 16 Servings

- 1 15.5-ounce can low-sodium black beans or 1 1/2 cups cooked black beans, drained and rinsed
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon sea salt
- 1/4 cup water
- 2 avocados, peeled, seed removed, and mashed
- Juice of 1 lime
- 2 teaspoons chili powder
- 1 ½ cups Universal Meals Sunflower Sour Cream or vegan sour cream
- 1 cup Universal Meals Salsa Fresca or chunky salsa
- 1 cup (140 g) fresh corn or frozen corn, thawed
- 1 cup (65 g) finely shredded romaine lettuce
- 1 2.25-ounce can sliced black olives
- 4 scallions, thinly sliced
- 1 tablespoon (2 g) roughly chopped cilantro

Directions

1. Add the beans to a bowl and mash with a fork or potato masher. Add the cumin, garlic powder, salt, and water. Stir to combine. The water will thin the bean mixture and make it easier to scoop the entire dip onto a vegetable or chip.
2. In a small bowl, add the lime juice to the mashed avocado and mix to combine.

3. In another small bowl, add the chili powder to the sour cream and mix to combine.
4. Use an 8-by-8-inch baking dish and layer the ingredients as follows: bean mixture, avocado mixture, sour cream mixture, salsa, corn, lettuce, olives, scallions, and cilantro.
5. Served with sliced vegetables or corn chips for dipping.

Nutrition Facts

Per serving:
Calories: 131
Fat: 8 g
    Saturated Fat: 1 g
    % Calories From Fat: 50%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrate: 13 g
Sugar: 3 g
Fiber: 5 g
Sodium: 208 mg
Calcium: 37 mg
Iron: 2 mg
Vitamin C: 6 mg
Beta-Carotene: 291 mcg
Vitamin E: 4 mg