



# Layered Mexican Dip

*12 oz 96% lean ground beef*  
*2 cups shredded, low-fat cheddar-Monterey Jack cheese blend*  
*1/2 cup guacamole*  
*1/4 cup green diced peppers*  
*1/4 cup romaine lettuce*

*16 oz fat-free refried beans*  
*8 oz non-fat sour cream*  
*1/2 cup salsa*  
*1/2 cup tomatoes*  
*1/4 cup green onions*

1. In a large skillet, brown ground beef. Drain and set aside to cool.
2. Spread refried beans on the bottom of a 9 x 13-inch glass baking dish.
3. Top with 1/4 cup of shredded romaine lettuce.
4. Sprinkle shredded cheddar-Monterey Jack cheese blend over the beans.
5. Next, place the drained beef over the cheese and spread flat.
6. Add a layer of fat-free sour cream followed by the guacamole and the salsa.
7. Top with diced tomatoes, diced green peppers and green onions.
8. Sprinkle any leftover cheese on top.
9. Serve immediately or place it in the fridge over night and serve cold.
10. Use baked tortilla chips, pita wedges or sliced vegetables for dipping.

**Makes 8 servings**

Nutrition Information for 8 servings: Calories: 260; Fat: 10g; Sodium: 360mg; Carbohydrate: 18g

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