

Tasty Taco Dip with Tortilla Chips

Prep time: 15 minutes

Makes: 6 Servings

Ingredients

- 3/4 cup** sour cream, fat free
- 1 tablespoon** taco seasoning
- 1/4 cup** Beans, Refried no fat
- 1/4 cup** White Onion, diced
- 6 ounces** Olives, Black sliced
- 3/4 cup** Lettuce, Romaine shredded
- 1/2 cup** tomatoes, diced
- 1/2 cup** Cheese, Colby Jack, reduced fat, shredded
- 1 cup** Whole grain tortilla chips

Directions

1. Blend together sour cream, taco seasoning and refried beans.
2. Spread sour cream mixture onto serving plate or pan.
3. Evenly top with lettuce, tomatoes, onions, olives, and cheese.
4. Serve with whole grain tortilla chips.

