

Double-Layered Cheesy Jalapeno Dip (slow cooker)

Reynolds Wrap

Servings: 8

6 large jalapeno chile peppers
3 cups rotisserie chicken, chopped
10 ounces frozen corn kernels
1 1/2 cups sour cream
2 tablespoons dried oregano
1/2 teaspoon Kosher salt
2 cans (16 ounce ea) refried beans
3 bunches white and green scallions, chopped
1 jar (16 ounce) green salsa
1 can (28 ounce) diced tomatoes, drained well
1 pound Cheddar or Mexican blend cheese, shredded
tortilla chips (for serving)
raw vegetables (for serving)

Preparation Time: 1 hour

Preheat the oven to Hi-Broil.

Place the chiles on a foil-lined baking sheet. Broil until the skin is blackened, 10 to 12 minutes, checking often. Wrap foil around the chiles and let sit for 10 minutes., Scrape of loose skin and discard most of the seeds. Chop finely.

In a bowl, mix together the chicken, corn, sour cream, oregano and salt.

Place a slow-cooker liner inside a five- or six-quart slow cooker bowl as directed on the package.

Using half of each ingredient, layer the beans, scallions, sour cream mixture, jalapenos, salsa, tomatoes and cheese. Repeat the layers, ending with cheese.

Cover and cook on LOW for three to three and one-half hours.

Use the WARM setting to serve. Serve with tortilla chips and raw vegetables for dipping.

Start to Finish Time: 4 hours 30 minutes

Per Serving (excluding unknown items): 171 Calories; 10g Fat (50.8% calories from fat); 6g Protein; 16g Carbohydrate; 4g Dietary Fiber; 19mg Cholesterol; 411mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Appetizers, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	171	Vitamin B6 (mg):	.2mg
% Calories from Fat:	50.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	36.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	69mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	19mg	% Refuse:	n n%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	411mg	Vegetable:	1/2
Potassium (mg):	402mg	Fruit:	0
Calcium (mg):	99mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	14mg		
Vitamin A (i.u.):	581IU		
Vitamin A (r.e.):	126RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	171	Calories from Fat:	87
% Daily Values*			
Total Fat	10g		15%
Saturated Fat	6g		30%
Cholesterol	19mg		6%
Sodium	411mg		17%
Total Carbohydrates	16g		5%
Dietary Fiber	4g		17%
Protein	6g		
Vitamin A			12%
Vitamin C			23%
Calcium			10%
Iron			10%

* Percent Daily Values are based on a 2000 calorie diet.