

Appetizers

Fat-Free 7-Layer Mexican Dip

Kraft Foods Global, Inc.

www.creamcheese.com

Start to Finish Time: 10 minutes

1 package (8 oz) Philadelphia fat-free cream cheese, softened

1 tablespoon Taco Bell Home Originals taco seasoning mix

1 cup Taco Bell Home Originals thick 'N chunky salsa

1 cup canned black beans, drained and rinsed

1 cup lettuce, shredded

1 cup Kraft Free non-fat cheddar cheese, shredded

1/2 cup green onions, chopped

2 tablespoons pitted ripe olives, sliced

fresh cilantro (for garnish) (optional), chopped

In a bowl, beat the cream cheese with an electric mixer on MEDIUM speed until creamy.

Blend in the taco seasoning mix.

Spread the mixture onto the bottom of a 9-inch pie plate or quiche dish.

Top with layers of the black beans, lettuce, cheese, green onions and olives. Cover.

Refrigerate several hours or until chilled.

Garnish with fresh cilantro.

Serve with cut-up fresh vegetables.

Yield: 38 two tablespoon servings

Per Serving (excluding unknown items): 265 Calories; 4g Fat (13.8% calories from fat); 16g Protein; 41g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 960mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.