
Laura`s `Diet` Mexican Dip (Hot)

Laura Jenkins Thompson

Party Recipes from the Charleston Junior League - 1993

Servings: 24

2 cans (16 ounce ea) refried beans

1 package (1-1/4 ounce) Taco seasoning mix

1 can (4-1/4 ounce) chopped ripe olives

1 jar (8 ounce) taco sauce

2 cups plain yogurt

1/2 pound light Cheddar cheese, grated

Place the beans, taco seasoning and olives in a large saucepan. Cook over medium heat, stirring, until the ingredients are fully blended and the mixture is hot.

Pour the mixture into a 8x12x2-inch casserole dish. Spread the taco sauce over the bean mixture. Place the casserole into the freezer for one hour, or until the taco sauce is somewhat solid.

Preheat the oven to 350 degrees.

Layer the yogurt on top of the taco sauce. Sprinkle the cheese on top of the yogurt.

Bake until the cheese is melted, about 20 minutes.

Serve with low-salt "light" tortilla chips.

Appetizers

Per Serving (excluding unknown items): 40 Calories; 1g Fat (20.5% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 199mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.