
Layered Nacho Dip

The Essential Southern Living Cookbook

Start to Finish Time: 10 minutes

1 can (16 ounce) refried beans
2 teaspoons taco seasoning mix
1 container (6 ounce) avocado dip
1 container (8 ounce) sour cream
1 can (4.5 ounce) chopped ripe olives , drained
2 large tomatoes, diced
1 small onion, diced
1 can (4 ounce) chopped green chilies
6 ounces (1-1/2 cups) Monterey Jack cheese, shredded
corn or tortilla chips

In a small bowl, stir together the beans and seasoning mix. Spread into an 11 x 7-inch baking dish. Spread the avocado dip and sour cream evenly over the bean mixture.

Sprinkle with the olives, tomatoes, onion, green chilies and Monterey Jack cheese.

Serve with chips.

Yield: 8 cups

Appetizers

Per Serving (excluding unknown items): 3394 Calories; 257g Fat (67.7% calories from fat); 192g Protein; 83g Carbohydrate; 18g Dietary Fiber; 706mg Cholesterol; 4988mg Sodium. Exchanges: 3 Grain(Starch); 23 Lean Meat; 4 Vegetable; 1/2 Non-Fat Milk; 37 Fat; 0 Other Carbohydrates.