

# Caribbean Layered Dip

*Food Network Magazine*

*8 ounces cream cheese, softened*  
*1 cup sour cream*  
*1 tablespoon jerk seasoning*  
*1 teaspoon Kosher salt*  
*habanero sauce (to taste)*  
*1 can (15 ounce) black beans,*  
*drained and rinsed*  
*1 cup avocado, finely diced*  
*1 cup mango, finely diced*  
*1 cup red bell pepper, finely diced*  
*1/2 cup chopped scallions (for*  
*topping)*  
*1/2 cup cilantro (for topping)*

In a bowl, beat the cream cheese, sour cream, jerk seasoning, Kosher salt and habanero sauce with a mixer until smooth.

Spread the cream cheese mixture in an eight-inch glass baking dish.

Top with the black beans, avocado, mango and red pepper.

Sprinkle with chopped scallions and cilantro.

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Per Serving (excluding unknown items): 2328 Calories; 153g Fat (57.3% calories from fat); 71g Protein; 185g Carbohydrate; 40g Dietary Fiber; 351mg Cholesterol; 2703mg Sodium. Exchanges: 8 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fruit; 1/2 Non-Fat Milk; 28 1/2 Fat.