

Quick and Easy Dip

Jan

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 can (16 ounce) refried
beans
1 jar (8 ounce) medium
salsa
1 container (8 ounce) sour
cream
2 cups cheddar cheese/
Monterey Jack blend,
shredded*

Preheat the oven to 350 degrees.

Spread the refried beans on the bottom of a
casserole dish.

Layer the sour cream, salsa and Monterey Jack/
Cheddar on top of the refried beans.

Bake for 15 minutes until bubbly.

Serve with corn chips.

Per Serving (excluding unknown
items): 764 Calories; 51g Fat
(59.0% calories from fat); 23g
Protein; 57g Carbohydrate; 13g
Dietary Fiber; 102mg Cholesterol;
1195mg Sodium. Exchanges: 3
Grain(Starch); 1/2 Non-Fat Milk; 9
1/2 Fat.