

Red and Green Five-Layer Dip

1 can (16 ounces) fat-free refried beans
2 teaspoon reduced-sodium taco seasoning
4-6 drops liquid hot sauce
1 cup edamame, boiled and drained juice of 1 lime
1 cup FAGE Total 0% yogurt
1 fresh red tomato (3 inches in diameter), diced
1 cup finely chopped green bell pepper
1 cup finely chopped red bell pepper
6 green onions, chopped
Sliced raw zucchini and yellow squash, celery sticks, and low-fat chips for dipping (optional)



1. In a small bowl, mix the refried beans with the taco seasoning and hot sauce.
2. Spread the refried beans in a smooth layer across the bottom of an 8" x 8" square glass pan or an 8" square glass trifle dish.
3. Combine the cooked edamame and lime juice in a food processor and blend.
4. Spoon the mixture over the refried beans.
5. Layer the yogurt on top, followed by the tomato, bell peppers, and finally the green onions.
6. Chill, if desired, or serve immediately.
7. Serve with sliced raw vegetables or sturdy, low-fat chips.

Preparation time: 8 minutes

Yield: 15 servings

Serving size: 2-3 tablespoons

Per serving:

Calories: 49
Carbohydrate: 6 g
Protein: 4 g
Fat: 1 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 67 mg
Fiber: 2 g

Exchanges per Serving:

1/2 Starch
Carbohydrate choices: 1/2