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Layered Mexican Dip

By The Canadian Living Test Kitchen

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We're still getting requests for this colourful party-size appetizer from 1988. We've lightened up the original, and it's better than ever. For Sun-Dried Tomato, Cheese and Basil P? and Dilly Ranch Dip for Kids, see the July issue.



This recipe makes 24 servings

change servings

To change the number of servings, enter the number of servings you'd like in the box below, then press "calculate".

- portions
-
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This recipe's ingredients have been scaled and recalculated for your automated grocery list. The method still refers to the original recipe amounts. RECIPES HAVE BEEN TESTED USING ORIGINAL AMOUNTS ONLY, AND SCALED RESULTS MAY VARY. [Click here](#) to learn more about scaling Canadian Living recipes.

Ingredients

- 1/2 can (14 oz/398 mL) [refried beans](#)
- 2/3 cup (150 mL) light [sour cream](#)
- 1/4 tsp (1 mL) ground [cumin](#)
- 1/4 tsp (1 mL) [salt](#)
- 1/8 tsp (0.5 mL) hot [pepper sauce](#)
- 1 [avocado](#)
- 2 3/4 tbsp (34 mL) finely chopped [onions](#)
- 1 tbsp (15 mL) [lime](#) juice
- 1/8 tsp (0.5 mL) hot [pepper flakes](#)
- 1 cup (250 mL) shredded [Cheddar cheese](#)
- 1 [tomato](#), chopped
- 2 3/4 tbsp (34 mL) sliced [green onions](#)
- 1/4 cup (50 mL) sliced pitted black [olives](#)

Preparation:

In bowl, stir together refried beans, 1/4 cup (50 mL) of the sour cream, cumin, 1/4 tsp (1 mL) of the salt and hot pepper sauce; spread in 12-inch (30 cm) round serving dish that is at least 1-1/2 inches (4



Layered Mexican Dip
Photography by Matthew Kimura

Nutritional Info

Per serving:	
about	-
cal	105
pro	5 g
total fat	7 g
sat. fat	3 g

(50 mL) of the remaining sour cream and remaining salt ; spread over refried bean layer. Top with remaining sour cream.

Starting at outside, garnish with concentric rings of cheese, tomatoes, green onions and olives. (*Make-ahead: Cover and refrigerate for up to 24 hours.*)

Kary's Tip: Serve this tasty dip with nacho chips and homemade [Pita Chips](#).

Additional Information:

- **Tip:** If avocados need ripening, place them in a paper bag and let stand at room temperature for 2 to 3 days.

Source:

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Nutritional Info

sodium	219 mg
% RDI:	-
calcium	10%
iron	6%
vit A	5%
vit C	8%
folate	14%

Suggested Recipes

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