

Seven Layer Dip



Ingredients

- 1 can(s) (15-ounce) refried beans
- 1 ripe Hass avocado, pitted and peeled
- 1 cup(s) (from 2 ears) fresh corn kernels
- 2 tablespoon(s) fresh lime juice
- 1/2 teaspoon(s) no-salt-added chili powder
- 2 tablespoon(s) chopped fresh cilantro
- 1 large red pepper, finely chopped
- 4 ounce(s) reduced-fat sour cream
- 1 1/2 ounce(s) low-fat Cheddar cheese, shredded
- 1 Jar of Simply Appetizers Salsa (mild, medium or hot)
- Salt

Directions

1. In a bowl, with fork, mash avocado, cilantro, lime juice, and 1/8 teaspoon salt until almost smooth.
1. In 1 1/2-quart straight-sided bowl, spread bean mixture in even layer.
2. Top with corn and pepper.
3. Spread sour cream and then the salsa over vegetables.
4. Dollop avocado mixture over salsa; spread into even layer.
5. Sprinkle with cheese.
6. Serve immediately, or cover and refrigerate up to 2 hours. Serve with tortilla chips.