



## LIGHTENED UP 7 LAYER DIP

Prep Time : 10 mins  
Total Time : 10 mins

### INGREDIENTS

- 1 Can (14 oz.) Non Fat Refried Beans
- 1 Cup Hummus (Roasted Red Pepper)
- ½ Packet (1.25 oz) Taco Seasoning

- 1 Jar (16 oz.) Chunky Red Salsa
- 1½ Cups Pico De Gallo
- 1½ Cups Guacamole
- 1 Cup Reduced Fat Monterey Jack Cheese, shredded
- Black Beans, drained and rinsed
- Cherry Tomatoes, cut in half

## **DIRECTIONS**

1. In an 8 x 8 pan, spread the refried beans in an even layer.
2. In a bowl, combine the hummus and half the package of taco seasoning. Mix well.
3. Spread the hummus evenly on top of the beans.
4. Top evenly with remaining layers starting with the chunky salsa and ending with the guacamole.
5. Top with cheese and refrigerate for 2 hours before serving. Serve with your favorite chips!