

Football season is in full swing. For many people, football means friends, family and food! Lighten it up with a healthy version of seven layer dip. Your friends and family will not even notice the difference.



Estimated cost per recipe: \$14.07

Cost per serving: \$1.17



### Ingredients

- 3 medium ripe avocados
- 2 Tbsp. lemon juice
- ¼ tsp. ground pepper
- 1½ cups plain non-fat Greek yogurt
- 2 Tbsp. low sodium taco seasoning (see DIY taco seasoning recipe on back!)
- 2 cans refried black or pinto beans
- 3-4 green onions, chopped
- ½ cup pitted ripe sliced olives, drained
- 3 medium-sized ripe tomatoes, chopped
- 4 ounces grated sharp cheddar cheese

### Directions

1. Peel, pit and mash avocados in a bowl with lemon juice and pepper (or put in blender). If you're in a hurry, you can substitute 1 cup guacamole.
2. In another bowl, combine yogurt and taco seasoning mix.
3. **To assemble:** Spread bean dip/refried beans on a large shallow serving platter. Spread avocado mixture over bean dip. Spread yogurt-taco mixture over the avocado mixture. Sprinkle with the chopped green onions, then the tomatoes, and finally the olives. Cover with the grated cheese.
4. Serve chilled with your choice of low sodium corn tortilla chips. Enjoy!

### NUTRITION FACTS

Servings: 12 Serving size: ½ cup  
Calories: 214 | Total fat: 10 g | Saturated fat: 2 g  
Unsaturated fat: 5 g | Trans fat: 0 g | Cholesterol: 4 mg  
Sodium: 521 mg | Potassium: 350 mg  
Total carbohydrates: 22 g | Fiber 7 g | Sugar: 4 g  
Protein: 11 g

Recipe from: <http://www.fannetasticfood.com/recipes/healthier-seven-layer-dip/>  
Modifications by Ashley Denton, RDN, LD



**Make it a meal:** scoop a serving of this dip onto a baked potato or baked sweet potato to make loaded baked potatoes.

**Healthy swaps:** Many game day favorites come packed with calories, fat, and sodium, and often very little fiber, vitamins, or minerals. For this recipe, high fat sour cream has been replaced with protein packed non-fat Greek yogurt and heart-healthy fat from the avocado and olives. The beans provide fiber and plenty of protein.

**Get creative:** add salsa, fresh bell peppers, crispy lettuce, or whatever veggies you have on hand to bulk up this dip and make it your own.

**Portion control for the win!** It's important that you keep an eye on the portion of this dip, overdoing it will make calories add up quickly. If you plan to serve this dip and want to help your guests control portions, consider pre-portioning it into clear glass or plastic cups. Top it off with a few tortilla chips and watch as your guests are impressed with the look of this appetizer!



Many pre-made taco seasonings contain anti-caking agents, additives, and preservatives. Follow this simple recipe to make your own, with plenty of flavor and none of the additives.

**Convenience costs!**

*Price comparison:*

Pre-made mix: 50¢ per Tbsp.

DIY mix: 35¢ per Tbsp.

It may not seem like much of a difference, but anytime you can make something yourself, you likely will save money and improve the nutrition of what you are eating.

# BONUS RECIPE

**Ingredients:**

- 1 Tbsp. chili powder
- ¼ tsp garlic powder
- ¼ tsp. onion powder
- ¼ teaspoon crushed red pepper flakes
- ¼ tsp. dried oregano
- ½ tsp. paprika
- 1 ½ tsp. ground cumin
- 1 tsp. salt
- 1 tsp. black pepper

**BONUS RECIPE  
DIY Taco Seasoning**

Mix all ingredients together and store in an air-tight container.

Recipe from: <http://allrecipes.com/recipe/46653/taco-seasoning-i/>

