

Side | Snack

7-Layer Dip

Side Effect: Weight Loss/Low Appetite

10 Mins
Prep Time

5 Mins
Cook Time

6
Servings

644 Calories **35g Fat** **63g Carbs** **18g Protein**

Ingredients

6 Servings **15 Mins Total Time** **Allergens: None**

1 Can (15oz) Vegetarian Refried Beans, rinse can lid before opening	1 Can (15oz) Black Beans, ♥ rinsed and drained
1 Jar (16oz) Green Chili Salsa	1 Jar (16oz) Chunky Mild Salsa
1 Tbsp Extra Virgin Olive Oil	2 Tsp Ground Cumin
4 Green Onions, washed and cut into 1-inch pieces	1 Jalapeño, washed , seeded and finely chopped
2 Tbsp Fresh Cilantro, washed and chopped	1 Lime, washed , zested and juiced
2 Cups Full-Fat Sour Cream ♥	2 Ripe Avocados, washed ♥
2 Cloves Garlic, finely chopped	1 Lemon, washed and juiced
2 Plum Tomatoes, washed and diced	Spanish Olives or Black Olives, diced
Salt, to taste	Tortilla Chips, for serving



Nourishment Note



♥ Black Beans

Black beans are a great source of fiber to help with digestive regularity and protein to help build new and healthy cells.



♥ Avocado

Avocados are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Avocados are also a good source of heart-healthy monounsaturated fats.



♥ Sour Cream

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium, and vitamin D.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Heat Refried Beans

Heat refried beans in a small saucepan over medium heat. Transfer the beans to deep casserole dish. Scrape pan with rubber spatula and return to heat.

3. Cook Scallions & Green Chilis

Add the olive oil to the same pan and raise heat to high. Once the oil begins to bubble, add the scallions. Cook for 2 minutes. Add the green salsa and heat through. Add cilantro and remove from heat. Layer on top of the beans.

4. Heat Black Beans

Return the same pan to the stove, and lower heat to medium. Add the black beans and cumin and heat. Layer on top of the salsa.

5. Make Sour Cream Mixture

Mix sour cream, lime zest, and lime juice. Spread on top of the salsa layer.

6. Make Guacamole

Mash together the 2 avocados, garlic, lemon juice, jalapeno, and salt to create a chunky guacamole. Top salsa with guacamole. Top with the diced tomatoes and sliced olives.

7. Serve & Store

Enjoy with tortilla chips. Refrigerate unused dip within 2 hours. Dip will keep well in the refrigerator for up to 2 days.

8. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

What You'll Need



Small Saucepan



Rubber Spatula



Can Opener



Cutting Board



Colander



Deep Casserole Dish

Fatigue Buster

- Tomatoes: Use fresh, pre-diced tomatoes from the deli section at your local grocery store.
- Guacamole: Use pre-made guacamole to reduce preparation time.
- Lime and Lemon Juice: Use bottled versions to save preparation time.
- Ask a friend or family member to help prepare this dish.

Recipe adapted from: [Rachel Ray](#)