



7 Layer Lentil Dip



Ingredients



- 1 cup cooked lentils (1/2 cup dry)
 - 1 can refried beans
 - 1/2 cup diced onions
 - 1 can (4 oz.) chopped green chilies
 - 3/4 cup light sour cream
 - 1 tsp. chili powder
 - 1 tsp. cumin
 - 1/2 tsp. garlic powder
 - 1 medium tomato, chopped
 - 1 can ripe black olives
 - 1/2 cup green pepper or green onions
 - 1 cup Mexican cheese blend
- Yield: ~8-10 servings
Serving Size: 1/2 cup



Directions



1. Boil lentils in water for 20 minutes or until soft. Combine the lentils and refried beans in a sauce pan until warm.
2. Place lentils and beans on the bottom of a 8x8" baking pan.
3. Combine the sour cream with the spices and spread over lentil mixture.
4. Layer the green chilies and the cheese on top of the sour cream.
5. Top that with the tomatoes, olives, and green peppers or green onions. Get out the chips and enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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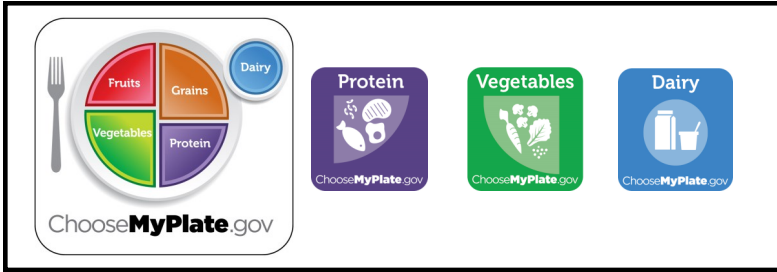
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Fast Facts



Featured Food Groups



Cooking Tips



- Make your own tortilla chips to enjoy with this dip!
- Use canned tomatoes if fresh are not available.

Nutrition Facts



Nutrition Facts

10 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 15mg	5%
Sodium 420mg	18%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 182mg	15%
Iron 0.54mg	4%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

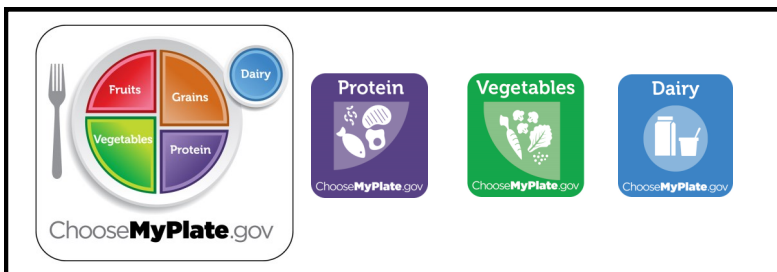
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