

7 Layer Lentil Dip

1 cup Mexican cheese

Serving Size: 1/2 cup



Ingredients

- 1 cup cooked lentils $(1/2 \operatorname{cup} \operatorname{dry})$
- 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	٠	1/2 cup green pepper
		or green onions

- 1 tsp. cumin 1/2 tsp. garlic powder
- 1 medium tomato, chopped
 - 1 can ripe black olives
 - Yield: 8-10 servings

blend



Directions

- 1. Boil lentils in water for 20 minutes or until soft. Combine the lentils and refried beans in a sauce pan until warm.
- Place lentils and beans on the bottom of a 8x8" baking pan. 2.
- 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!

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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 Fa	acts
10 servings per container	
Serving size	1/2 cu
Amount Per Serving Calories	160
	% Daily Valu
Total Fat 7g	99
Saturated Fat 3g	15
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 15mg	59
Sodium 420mg	189
Total Carbohydrate 16g	69
Dietary Fiber 5g	189
Total Sugars 2g	
Includes 0g Added Sugars	09
Protein 9g	189
Vitamin D 0mcg	00
Calcium 182mg	159
Iron 0.54mg	49
Potassium 376mg	89

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Fast Facts	
Featured Food Groups	Nutrition Facts 🧓
Fruits Crains Dairy Vegetables Protein Protein	Nutrition Facts10 servings per containerServing size1/2 cupAmount Per Serving Calories160
Choose MyPlate.gov Choose MyPlate.gov Choose MyPlate.gov	% Daily Value* Total Fat 7g 9% Saturated Fat 3g 15% Trans Fat 0g
Cooking Tips 🚬 🗧	Polyunsaturated Fat 1g Monounsaturated Fat 2g Cholesterol 15mg 5%
• Make your own tortilla chips to enjoy with this dip!	Sodium 420mg18%Total Carbohydrate 16g6%Dietary Fiber 5g18%Total Sugars 2g18%
• Use canned tomatoes if fresh are not available.	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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