

# Healthy 7-layer Mexican dip

Yield: 12 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/layer-mexican-dip-recipe-cream-cheese>

## Ingredients:

- 16 ounces cream cheese blocks of 1/3 less fat plain, at room temperature
- 3/4 cup plain nonfat Greek yogurt
- 1 tablespoon taco seasoning homemade or store-bought
- 15 ounces black beans rinsed and drained
- 2 cups shredded iceberg lettuce
- 1 cup shredded cheddar cheese or Monterey Jack
- 1/4 cup pickled jalapeños
- 1 cup prepared salsa or pico de gallo
- guacamole or diced avocado
- olives
- chopped fresh cilantro or chopped green onions
- tortilla chips corn chip scoops or fresh veggie sticks (such as bell pepper spears, cucumber rounds, etc.)

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 50 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 9 grams
8. Sodium: 560 milligrams
9. Sugar: 5 grams

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