

Baked Mexican Layer Dip

Yield: 12 min
Total Time: 60 min

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

Ingredients:

- cooking spray
- 1 pound ground turkey
- 2 1/4 teaspoons cumin
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 15 ounces fat-free refried beans Trader Joe's
- 1 1/4 cups medium salsa jarred
- 4 ounces diced green chilies
- 1 1/2 cups 4 cheese mexican blend reduced fat shredded, Sargento
- 1 diced tomatoes medium, seeded
- 4 ounces Haas avocado 1 small, diced
- 2 tablespoons Cotija cheese crumbled
- 1/4 cup sliced scallions
- 1/4 cup chopped cilantro
- baked tortilla chips to serve

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 50 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 710 milligrams
9. Sugar: 2 grams

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