



Ultimate Ate-Layer Dip



1/8 of recipe (about 3/4 cup): 150 calories, 4g total fat (1.5g sat. fat), 419mg sodium, 13.5g carbs, 3.5g fiber, 2.5g sugars, 14.5g protein

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Prep: 15 minutes **Cook:** 5 minutes



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Ingredients

- One 16-oz. can refried beans
- 1/4 tsp. chili powder
- 3/4 tsp. ground cumin, divided
- 1/2 tsp. garlic powder, divided
- 1/2 tsp. onion powder, divided
- 8 oz. raw extra-lean ground beef (at least 95% lean)
- 1/4 tsp. salt
- 1 cup fat-free plain Greek yogurt
- 1/2 cup shredded reduced-fat Mexican-blend cheese
- 2 cups shredded lettuce
- 1 cup chopped tomatoes
- 1/4 cup chopped scallions
- 1/4 cup sliced black olives

Directions

In a medium bowl, combine beans, chili powder, 1/2 tsp. cumin, and 1/4 tsp. each garlic powder and onion powder. Mix well.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, salt, and remaining 1/4 tsp. each cumin, garlic powder, and onion powder. Cook and crumble until fully cooked, about 5 minutes.

Spread seasoned beans into a large serving dish (about 8" X 8"), and evenly layer remaining ingredients: beef, yogurt, cheese, lettuce, tomatoes, scallions, and olives. Serve cold or at room temperature.

MAKES 8 SERVINGS

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