

■ Seven-Layer Dip

- 1 16-ounce can refried beans (traditional variety)
- 1 4.5-ounce can chopped green chilies, undrained
- 1 Tb. fresh lime juice, plus another 2 Tbs. for avocado layer (from about 1½ limes)
- 2 tsps. chili powder
- ¼ tsp. ground cumin
- A pinch of salt, plus ½ tsp.
- 3 avocados, halved, pitted, flesh spooned out
- 1 cup sour cream
- ½ cup mayonnaise
- 1 cup salsa (drain to equal 1 cup if salsa is especially runny)
- 1 2.25-ounce can sliced black olives, drained
- 1 cup (about 4 ounces) grated pepper Jack cheese
- ½ cup thin sliced green onions, green part only

Mix beans, chilies, 1 Tb. of lime juice, chili powder, cumin and a pinch of salt in a small bowl. In a second small bowl, mash avocados with a fork; stir in remaining 2 Tbs. lime juice and ½ tsp. salt to make guacamole. In a third small bowl, mix sour cream and mayonnaise.

Spread bean mixture, then guacamole, then sour cream mixture, and finally salsa over the bottom of a 9-inch deep-dish pie plate or similar size pan. Sprinkle with olives,

then cheese. (Dip can be covered and refrigerated up to 2 days.) To serve, sprinkle with green onions.

Note: If you can't find or don't want to use fresh avocados, substitute 16 ounces (about 1½ cups) of prepared guacamole, seasoned generously with fresh lime juice.

SERVES 64 ■ MAKES 8 CUPS ■ PER 2 TBS. SERVING:
54 calories, 1g protein, 3g carbohydrates, 5g fat (1g saturated), 5mg cholesterol, 1g fiber, 110mg sodium

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WEEKEND**

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