



Tortilla Chips and Bean Dip

“Cheese Please”

Yield: 4 servings

Serving Size: 8 pieces

Ingredients:

- 4 corn tortillas
- 1 can (16 ounce) kidney beans
- 1/4 cup salsa
- 1/4 cup sour cream, nonfat
- 1/2 cup shredded cheddar cheese
- 1 large head of lettuce

Directions:

Preheat oven to 400° F. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges. Lay tortilla pieces out in a single layer on baking sheet. Set aside while making dip. Open can of beans. Pour beans in a colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish. Measure salsa and spread over beans. Measure sour cream and spread over beans. Grate and measure cheese; sprinkle over bean mixture. Cut head of lettuce into wedges. Place lettuce wedge on cutting board. Slice into thin strips; set aside. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Create-a-Flavor Changes:

Use Monterey Jack or another cheese.

Substitute black beans for kidney beans.

Substitute 1/4 cup chopped fresh tomatoes for salsa.

Spread one small can chopped green chilies over beans.

(Each serving provides 290 calories, 45 calories from fat, 5 grams fat, 2 grams saturated fat, 0