



RECIPE COURTESY OF THE FOOD NETWORK KITCHEN



Slim Six-Layer Dip

Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, roughly chopped
- 2 15-ounce cans red kidney beans, drained and rinsed
- 2 teaspoons chili paste or your favorite hot sauce
- 1 cup shredded low-fat cheddar cheese
- 1 cup shredded sharp cheddar cheese
- 2 ripe avocados, preferably Hass
- Kosher salt
- 2 teaspoons fresh lemon juice
- 5 scallions, white and green parts, thinly sliced
- 3/4 cup fresh cilantro
- 1 jalapeno, stemmed and thinly sliced
- 1 1/2 cups plain nonfat yogurt, preferably Greek
- 2 cups finely shredded romaine lettuce
- 3 ripe medium tomatoes, diced

Nutritional Analysis	Per Serving
Calories	290
Total Fat	15 grams
Saturated Fat	5 grams
Cholesterol	18 milligrams
Sodium	702 milligrams
Carbohydrates	25 grams
Dietary Fiber	10 grams
Protein	18 grams

Directions

1. Heat the oil in a skillet over medium heat. Add the garlic, beans and chili paste and heat until fragrant, about 3 minutes. Using a potato masher or fork, mash the beans. Remove from the heat, add 2 tablespoons water and mash until somewhat smooth. Spread in a 2-quart glass casserole dish.
2. Scatter the cheese over the beans. Halve and pit the avocados; scoop out the flesh into a bowl and mash with 1 teaspoon salt and the lemon juice. Spread the avocado over the cheese.
3. Reserve some scallions, cilantro, and jalapeno for garnish. Pulse the yogurt with the remaining scallions, cilantro and jalapeno in a blender or food processor. Spread over the avocado. Top with the lettuce. Season the tomatoes with another teaspoon salt and scatter over the lettuce. Top with the reserved scallions, cilantro, and jalapeno.

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