



# Memorial Day BBQ Recipes: Taco Dip

## Ingredients

### Layer 1

- 2 cans pinto beans
- 2 tablespoons tomato paste
- ½ teaspoon salt
- 1 tablespoon extra virgin olive oil

### Layer 2

- 2 avocados
- 2 scallions, chopped
- ½ teaspoon salt
- 1 jalapeno, seeded, chopped
- 1 tablespoon lime juice, about 2 limes
- 1 clove garlic, minced
- ½ cup plain Greek yogurt, nonfat

### Layer 3

- 2 cups salsa

### Layer 4

- 2 cups romaine lettuce

### Layer 5

- 1 ½ cups shredded Mexican cheese (or non-dairy cheese alternative)

### Layer 6

- ¼ cup sliced black olives
- ¼ cup freshly chopped cilantro

## Instructions

1. In a food processor place layer one ingredients and blend until combined
2. Spread bean mixture into a 9 by 13 dish.
3. Clean food processor before adding layer 2 ingredients
4. Blend layer 2 ingredients until smooth
5. Spread on top of the bean mixture
6. Spread the rest of the layers on top of each other and refrigerate until ready to serve

