

APPETIZERS

Layered Mexican Dip

2 cups Dannon nonfat plain yogurt

1 cup sliced black olives

2 tablespoons chopped fresh cilantro

1 cup nonfat grated cheddar cheese

1 - 16 oz. can nonfat refried beans

1 cup jalapeño peppers (optional)

1 cup chunky salsa (mild or spicy)

Combine Dannon Plain yogurt and cilantro; mix well. Set aside. In a separate bowl, combine refried beans with 1/3 cup salsa. Spread half of this mixture into a flat 2 quart serving bowl. Spread half the yogurt mixture over the beans, followed by half the ripe olives, half the remaining salsa, half the cheese and half the peppers, if desired. Repeat the layering again. Cover and chill completely. Serve with your favorite tortilla chips, crackers, warmed tortillas or vegetables. 8 servings of 1-cup @ 2 points per serving 8 servings Core.