# 7 LAYER DIP WITH TOSTITOS® WHOLE GRAIN RICH CRISPY ROUND TORTILLA CHIPS

***Each Serving Provides***:

**2.5 oz. Meat/MA**
¼ c. Black Beans = 1 oz. MMA +
1/8 c. refried beans = .5 MMA +
1 oz. cheese = 1 oz. MMA
**1/4c. Vegetables**
**¼ c. Red/ Orange** (1/8 c. salsa + 1/8 c. tomatoes)
**2 oz. eq.** Grains (1.45 oz. Tostitos® Reduced Fat Crispy Rounds Tortilla Chips)

7 layer dip with TOSTITOS® Whole Grain Rich Crispy Round Tortilla Chips

| INGREDIENT | QUANTITY 100 servings | 1 Serving |
|---|---|---|
| USDA Refried Beans | 12 lbs. 8 oz. | 1/8 c. |
| USDA Black Beans | 3 Qts. + 1/2 c. | 1/4 c. |
| Reduced Fat Sour Cream | 3 Qts. + 1/2 c. | 1/8 c. |
| USDA Salsa - drained | 3 Qts. + 1/2 c. | 1/8 c. |
| Chopped tomatoes | 3 Qts. + 1/2 c. | 2 Tbsp. |
| USDA Shredded yellow cheese | 6.25 lbs. | 1 oz. |
| Sliced black olives | 28 oz. | 1 tsp. |
| Cumin | 1 c. + 2 tsp. | 1/2 tsp. |
| Chili powder | 1 c. + 2 tsp. | 1/2 tsp. |
| Garlic powder | 1 c. + 2 tsp. | 1/2 tsp. |
| TOSTITOS® Whole Grain Rich Crispy Rounds Tortilla chips | 100 - 1.45 oz. bags TOSTITOS® Reduced Fat Crispy Rounds Tortilla Chips | 1.45 oz. bag TOSTITOS® Reduced Fat Crispy Rounds Tortilla Chips |

**PREPARATION**

1. In bowl, add refried beans with cumin, chili powder, and garlic powder. Mix well.

2. In a clear 9 oz. cup, layer seasoned refried beans, sour cream, black beans, drained salsa, shredded cheese, tomatoes and olives.
3. Store cold in the refrigerator until ready to serve.
4. Serve 7 layer dip alongside a 1.4 oz. serving of TOSTITOS® Whole Grain Rich Crispy Rounds Tortilla Chips.

## Nutritional Facts Panel

| Nutrition Facts | |
|---|---|
| **1 Serving:** | |
| Calories | 441 |
| Saturated Fat | 7g |
| Sodium | 608mg |