



## 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.
<a href="#">TOSTITOS® Whole Grain Rich Crispy Rounds Tortilla chips</a>	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

<b>Nutrition Facts</b>	
<b>1 Serving:</b>	
Calories	441
Saturated Fat	7g
Sodium	608mg