

5-Layer Bean Dip *Makes 4—1/2 cup servings*

1 can (16 ounce) pinto beans, no added salt
1/4 cup salsa
1/4 cup sour cream, fat-free
1/4 cup reduced fat cheddar cheese, shredded
1 cup shredded lettuce

1. Preheat oven to 400 degrees.
 2. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
 3. Spread salsa over beans.
 4. Next, spread sour cream.
 5. Sprinkle over bean mixture.
 6. Place dip in preheated oven. Bake about 8 minutes or until dip is bubbly. Sprinkle lettuce over dip.
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