



# APPETIZERS

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## Taco Dip

### Ingredients

1 can fat free refried beans  
½ cup reduced-fat mayonnaise  
½ cup reduced-fat sour cream  
½ packet Taco Seasoning Mix  
1 ½ cup reduced-fat shredded cheddar cheese  
2 green onions, diced  
1 cup tomatoes, diced  
½ cup black olives, chopped  
Low fat tortilla chips

### Directions

1. Spread refried beans on platter.
2. Mix mayonnaise, sour cream and taco seasoning in bowl.
3. Spread over beans.
4. Add cheese, tomatoes, onions and olives.
5. Place tortilla chips around mixture for dipping.

### Nutrition Facts

Calories: 33  
Carbohydrates: 8 grams  
Total Fat: 0.4 grams  
Saturated Fat: 0 g  
Sodium: 26 mg  
Cholesterol: 0mg



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