



Tasty Taco Dip with Tortilla Chips

Makes: 50 Servings

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Ingredients	Weight	Measure
Sour Cream, Fat Free	120 oz	6 1/4 cup
Taco seasoning		6 Tbsp
Beans, Refried no fat	18 3/4 oz	2 cup
White Onion, diced	6 1/4 oz	2 cup

Olives, Black sliced	30 oz	
Lettuce, Iceberg shredded	120 oz	6 1/4 cup
Tomatoes, diced	41 oz	4 cup
Cheese, Colby Jack shredded	25 oz	5 cup
Whole grain tortilla chips	66 oz	8 cup

Directions

1. Blend together sour cream, taco seasoning and refried beans.
2. Spread sour cream mixture onto serving plate or pan.
3. Evenly top with lettuce, tomatoes, onions, olives, and cheese.
4. Serve with whole grain tortilla chips.

Source: Almond-Bancroft Schools (Recipes for Healthy Kids Competition)