



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



Fiesta Dip To Go

Ingredients:

- 1 (16 ounce) can pinto or black beans drained and rinsed or 1 (16 ounce) can of refried beans (fat-free recommended)
- 1 (1 ounce) package of taco seasoning
- 1 Cup guacamole (optional)
- 1 (8 ounce) container of sour cream (fat-free recommended)
- 1 Cup chunky salsa, drained
- 1 Cup shredded cheddar or Mexican blend cheese (part-skim recommended)
- ½ Cup diced tomatoes
- ½ Cup shredded lettuce
- ¼ Cup sliced green onions (optional)
- ¼ Cup pitted and sliced black olives, drained (optional)
- 9 Clear plastic punch cups
- Tortilla chips, crackers, sliced cucumbers, celery or carrot sticks for dipping

Instructions:

1. **Ask a parent for permission to cook and for assistance with knives and opening cans with sharp edges. Always wash your hands!**
2. In a small bowl, mix taco seasoning with beans for the first layer of the dip. (You may also choose to combine the seasoning with the sour cream if preferred.)
3. Layer the ingredients into the cups.
4. Place cups on a baking sheet, cover with plastic wrap and refrigerate if not eating immediately.
5. Enjoy!

Tip: It makes it easier to place the wet ingredients like sour cream and guacamole in a Ziploc bag and snip off a corner for easy piping. You may also spread layers out in a 9x11 inch pan to make one large dish of dip; however, individual cups discourage double-dipping.

Note: All measurements are approximate. Depending on whether you want thicker or thinner layers, you will need more or less of each ingredient.

Makes: 8-10 servings

