

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Super Bowl 7 layer Dip

From www.closetcooking.com

This is a healthier alternative to a lot of other heavy dips. It is filled with lots of raw veggies.

Makes 4 light or 2 heavier snack sized servings

2 cups refried beans
1 tablespoon chili powder
1 teaspoon cumin
water
1 cup cheese (cheddar or Monterrey jack, etc., grated) - *Organic* ☺ is especially important for dairy.
2 jalapenos, sliced or chopped
1 avocado, peeled, stoned and chopped
1 lime, juiced
1 tomato, chopped
½ cup sour cream - *Organic!* ☺
1 handful pitted and sliced black olives
2 green onions, chopped

1. Heat the refried beans, chili powder and cumin in a pan adding water until they come to a consistency that is easily dippable, about ¼ cup.
2. When the beans are nice and bubbling, spread them out on the bottom of your serving dish.
3. Quickly spread the cheese on top so that it can melt and become gooey. (If it does not melt enough to your liking place it under the broiler for a few minutes.)
4. Next are the jalapenos.
5. Toss the avocados in the lime juice and layer them on next.
6. Layer on the tomato, sour cream, black olives and green onions.
7. Serve with organic tortilla chips.