

5 A Day Recipes

Appetizers

Fabulous 5-Layer Dip

Serves 4

- 1 (16 oz.) can non-fat refried beans
- 1½ cups non-fat sour cream
- 8 diced plum tomatoes
- 2 mashed avocados sprinkled with lime juice
- 3 tablespoons drained, chopped mild green chili peppers

Using a 13x9x2 glass baking dish or pan, layer the ingredients in order from beans to tomatoes. Dig in with baked tortilla chips.

This is an official 5 A Day recipe and provides four people with one and a half servings of vegetables each.