

Skinny 7 Layer

Ingredients:

8 oz container	Container fat-free sour cream
2 cloves	Garlic, minced
1 tablespoon	Chopped fresh cilantro (optional ~ I did not include cilantro)
1 (1 ounce) packet	Packet taco seasoning
5 dashes	Hot pepper sauce
½	Lemon, juiced
3 cups	Shredded lettuce or broccoli slaw (I used broccoli slaw to add in a little better veggies)
1 (15 ounce) can	Black beans, rinsed and drained
2 (11 ounce) cans	Mexican-style corn, drained
1 cup	Chunky salsa
1 cup	Shredded Mexican cheese blend
1 (2.25 ounce) can	Sliced black olives, drained
¼ cup	Sliced green onions
1	Roma (plum) tomato, chopped

Directions:

1. In small bowl, mix sour cream, garlic, cilantro, taco seasoning, hot pepper sauce and half of the lemon juice until blended
2. Spread shredded lettuce or broccoli slaw over a 12-inch serving platter.
3. Next layer on black beans
4. Top with can of drained Mexican-style corn
5. Then top with sour cream mixture
6. Layer salsa on top of the sour cream mixture
7. Top with Mexican cheese, black olives, green onions, and tomato.
8. Serve cold with chips.

