

BREAK TIME LAYERED DIP

1 can (15 oz) black beans, rinsed & drained	1 c sour cream
1 can (4 oz) chopped ripe olives, drained	2 T red wine vinegar
½ c finely chopped red bell pepper	¼ t salt
1 can (4 oz) chopped green chilies, drained	
2 T finely chopped red onion	
1 package (16 oz) tortilla chips	

Mix beans, olives, chilies, vinegar and salt in medium bowl. Cover and refrigerate for 30 minutes to blend flavors.

Spread sour cream on serving plate. Spoon bean mixture evenly over sour cream. Top with bell pepper and onion. Serve with tortilla chips. Makes about 4 cups.

Per ¼ cup without chips, Calories: 64, Carbohydrate: 6 grams, Protein: 2 grams, Fat: 3 grams.