

## Sinless Seven-Layer Dip

Adapted by Our Young Chefs from "Lighten Up, Y'all," Virginia Willis  
Makes 6 cups to serve 12 to 24

*It's easy to lose control over a delicious dish like this version of the classic seven-layer dip. No worries! The dip contains less fattening calories than it seems to have:  $\frac{1}{4}$ -cup serving = 58 calories.*



### INGREDIENTS

1 lime, juiced



*Juicing a lime using a lime/citrus squeezer.*

1 (14.5-ounce) can low-sodium pinto beans, rinsed and drained  
1 teaspoon ground dried red chilies OR chili powder  
Pinch salt  
Half of the lime juice (*prepared above*)

1 avocado, halved, pitted, scooped from the skin using a spoon  
 $\frac{1}{2}$  cup broccoli florets, shelled English peas (frozen and thawed or fresh) OR shelled edamame (frozen and thawed or fresh)  
Remaining lime juice (*prepared earlier*)  
 $\frac{1}{4}$  teaspoon (generous) Kosher salt  
Freshly ground black pepper, as desired

*Angled spatula*



### DIRECTIONS

**Prepare the ingredients for LAYER 1 (bottom layer) of the dip:** Wash the lime under cool running water with a drop of liquid dish detergent; rinse and pat dry. Cut one lime in half across the horizontal middle. Use a juicer, citrus squeezer or reamer to juice one lime. Place in a small bowl or liquid measuring cup; set aside to use later.

**Prepare seasoned beans:** Place the beans in a colander OR sieve; rinse under cool running water. Shake to drain the extra water from the beans. Place the drained beans in the bowl of a food processor fit with the metal knife blade. Add the ground chilies, salt and half of the lime juice. Process the beans using long on/off pulses until the mixture is smooth (do not over-process). Using a flexible spatula, place the seasoned bean purée in the bottom of a 2-quart casserole dish (preferably a clear dish so the dip layers can be seen as they are added) to make the first layer. Set aside. Wipe out the food processor work bowl and blade with a paper towel to lightly clean; discard the paper towel.

**Prepare the ingredients for LAYER 2 of the dip:** Wash the avocado; pat dry. Cut in half vertically (from the narrow end to the wide end). Scoop out the pit; discard. Scoop out the avocado flesh from the skin using a spoon, place the avocado in the work bowl of the food processor.

Rinse the broccoli under cool running water; pat dry. Measure  $\frac{1}{2}$  cup florets, place in the work bowl of the food processor. If using peas or edamame, instead, add  $\frac{1}{2}$  cup of that item to the food processor *instead* of the broccoli.

Finally, add the remaining lime juice, salt and pepper to the avocado and selected vegetable in the work bowl of the food processor. Process this guacamole mixture using long on/off pulses until the mixture is smooth. Spoon the guacamole on top of the beans; spread evenly using a small angled spatula OR the back of a spoon to create the second layer of dip.



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4 to 6 stems fresh cilantro, to yield  
1 tablespoon leaves and small stems,  
finely chopped  
1 jalapeño chili, cored, seeded,  $\frac{1}{4}$ -inch  
dice (optional)  
1 cup commercially prepared chunky  
salsa

**Prepare the ingredients for LAYER 3 of the dip:** Wash the fresh **cilantro** under cool running water; dry by gently tossing in a cloth kitchen towel **OR** using a salad spinner. Remove/cut off the **leaves** and **fine stems**; finely chop to make **1 tablespoon chopped cilantro**. Place in a small bowl **OR** 2-cup liquid measuring cup.

Wash the **jalapeño chili** under cool running water; pat dry. Cut off the **stem end**, cut in half lengthwise; remove the **seeds** and **ribs**, discard. Cut the **jalapeño** into  $\frac{1}{4}$ -inch **dice**. Add the **diced jalapeño** to the small bowl **OR** liquid measuring cup with the **cilantro**, along with the **salsa**; stir to combine. Pour the **salsa mixture** over the **guacamole**; use an angled spatula **OR** the back of a spoon to spread the third layer of dip.

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$\frac{1}{2}$  cup (4 ounces) light sour cream  
 $\frac{1}{2}$  cup (4 ounces) plain 2% Greek yogurt

**Prepare LAYER 4 of the dip:** In a small bowl **OR** 2-cup liquid measuring cup, combine the **sour cream** and **yogurt**; stir to blend. Spoon the **sour cream mixture** on top of the **salsa**; use an angled spatula **OR** the back of a spoon to spread the fourth layer.

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1 (4-ounce) can chopped chilies

**Prepare LAYER 5 of the dip:** Pour/spoon the **chopped chilies** over the **cream mixture** to create the fifth layer.

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$\frac{1}{2}$  cup (2 ounces) reduced-fat Cheddar  
cheese, shredded

**Prepare LAYER 6 of the dip:** Shred the **cheese** using the large holes of a grater; top the **chopped chilies** with the **grated cheese** to create the sixth layer.

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4 green onions, white and green parts,  
sliced crosswise into  $\frac{1}{8}$ -inch lengths  
Baked corn chips **OR** baked pita  
triangles

**Prepare LAYER 7 of the dip and serve:** Wash the **green onions** under cool running water; pat dry. Cut off the **root ends** and any **wilted green parts** from the top; slice both the **white** and **green parts** of the **green onion** crosswise into  $\frac{1}{8}$ -inch lengths. Evenly sprinkle/distribute the **chopped green onions** over the **cheese** to create the seventh and final layer. Serve immediately with **baked corn chips** or **baked pita triangles** to use as dippers for the **layered dip**.



Seven-Layer Dip "built" and served in individual cups



Students use an assembly line to create individual Seven-Layer Dip cups