



# Healthy Now

CATERING • MEAL PREP • JUICES

## Five Layer Mexican Dip

With the holidays party season underway, us here at HealthyNow know that a yummy, healthy snack can help keep temptation for the not-so-healthy treats at bay. This one is delicious and uses two of our favourite ingredients - beans and avocados. Serve it with organic corn tortilla chips.



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## You'll need:

- 2 teaspoons olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 (about 16 ounce) can low-sodium black beans, drained and rinsed
- 1 tablespoon chipotle pepper in adobo
- 4 tablespoons lime juice
- 1/4 teaspoon ground cumin
- 1 tablespoon water
- 1/2 teaspoon salt
- 2 cups corn kernels
- 1/4 cup chopped cilantro leaves
- 2 ripe avocados
- 4 medium tomatoes, seeded and diced
- 1/4 cup thinly sliced scallion
- 1 tablespoon finely diced jalapeno pepper, optional
- 3/4 cup shredded extra-sharp Cheddar

## To make it:

1. Heat the oil in a skillet over medium-high heat. Add onions and cook until they soften, about 3 minutes. Stir in the garlic and cook for 2 minutes more.
2. Put half of the onion mixture into a food processor with the black beans, chipotle pepper, 2 tablespoons of the lime juice, cumin, water and salt. Puree until smooth. Set aside.
3. Add the corn to the skillet with the remaining onion mixture and cook for about 3 minutes. Remove from the heat and stir in the cilantro leaves.
4. In a bowl mash the avocado with the remaining lime juice. In another bowl toss together the tomatoes, scallion and jalapeno. Season tomato mixture with salt and pepper, to taste.
5. Spread the black bean dip into the bottom of an 8 by 8 glass baking or serving dish. Top with the corn mixture, spreading it out to form a single layer over the beans, repeat with the avocado, then the tomatoes. Top with cheese. Serve with organic corn tortilla chips.

Enjoy!

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