

Super Bean Dip

- 2 cups refried beans
- 1 container jalapeño bean dip
- 1 container avocado dip
- 1 cup chopped tomatoes
- 1 cup chopped ripe olives
- 2 cups grated sharp cheddar cheese

Spread refried beans thin on a platter. Mix together the two dips, spread over refried beans. Layer tomatoes, olives, and cheese on top. Serve with corn chips.

Health-e headlines TM