

LAYERED MEXICIAN SALAD

8 16 32 64 SER.

1 2 4 8 CAN BLACK BEANS DRAINED &
RINSED

DRESSING FOR BLACK BEANS

1 2 4 8 TSP DIJON MUSTARD

1 2 4 8 TBSP LIME JUICE

1 2 4 8 TSP HONEY

2 4 8 16 TBSP OLIVE OIL

2 4 8 16 CUPS GRATED AGED CHEDDAR

CHEESE

2 4 8 16 CUPS LOW FAT PLAIN YOGURT

2 4 8 16 CUPS SALSA

2 4 8 16 CUPS MOZZERELLA CHEESE

1 2 4 6 HEADS RED BUTTER LETTUCE

1 2 4 8 CUPS CRUMBLLED WW TORTILLA

CHIPS

1. DRAIN & WASH BEANS. MAKE DRESSING, IN A SERVING BOWL MIX BEANS & DRESSING.
2. GRATE CHEDDAR CHEESE, PUT ON TOP OF BEANS, SPOON YOGURT ON TOP OF CHEESE, SPREAD TO COVER.
3. POUR SALSA OVER YOGURT LAYER, SPREAD, THEN TOP WITH WHITE CHEDDAR CHEESE
4. WASH & DRY LETTUCE, TEAR INTO BITE SIZE PIECES, PLACE OVER WHITE CHEESE LAYER. CHILL. TOP WITH BROKEN WW TORTILLA CHIPS, BEFORE SERVING