

Amazing ATE-Layer Dip

Recipe courtesy of *Hungry Girl*

momlogic.com

Ingredients:

4 cups shredded lettuce

4 oz. fat-free sour cream

1 cup canned black beans; heated

10 oz. (about 2 and a 1/2 cups) butternut squash cubes

2 cups cherry tomatoes; chopped

1 cup diced onion

4 oz. roasted red peppers (not packed in oil); chopped

1 pouch (4 oz.) BOCA Ground Burger (or another ground meat substitute, like the Morningstar Farms version)

1 oz. Galaxy Veggie Shreds, Cheddar (or another low-calorie cheddar cheese)

3 and a 1/2 tsp. taco seasoning

Optional: lime juice, salt, and pepper

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Directions:

Begin by combining half of the tomatoes with all of the onion. If desired, season to taste with salt, pepper, and lime juice; set aside. Next, nuke squash in a covered microwave-safe dish with 2 tbsp. water for 6-7 minutes (until squash is tender enough to mash). Using a fork or potato masher, mash squash to a pulp. Mix in 1 and a 1/2 tsp. of the taco seasoning and set aside. In a skillet sprayed with nonstick spray, combine Boca Ground Burger, tomatoes and the remaining 2 tsp. of taco seasoning and cook until crumbles are defrosted and mixture is thoroughly heated. In a large dish, layer ingredients in this order: lettuce, butternut squash mixture, tomato/onion mix, sour cream, black beans, "meat" mixture, cheese shreds, red peppers. Delicious served hot or cold! Makes approximately eight 1-cup servings!

Serving Size: 1/8th recipe; approx. 1 cup

Calories: 100

Fat: 1g