



recipe of the month

Recipe: Mexican Five Layer Dip

May 2012

INGREDIENTS:

- 1 cup dried pinto beans
- 3 medium tomatoes, seeded & chopped (about 2.5 cups)
- 1 small white onion, chopped (about 3/4th cups)
- 2 to 3 jalapeño peppers, seeded and chopped (about 1/3rd cup)
- 3/4th packed cup of fresh cilantro leaves, divided
- Juice of 2 limes, divided
- Half tsp sea salt, plus additional to taste, divided
- Fresh ground black pepper, to taste
- 2 ripe avocados, pitted and peeled
- 6oz reduced – fat cheddar cheese, grated (about 1.5 cups)
- 1.5 cups reduced – fat sour cream



INSTRUCTIONS:

- 1) Rinse beans in a colander and pick through, discarding any debris or small stones. Place in a medium saucepan and add enough water to cover beans. Bring to a boil over high heat and cook for 2 minutes. Turn off heat and let beans rest for 1 hour. Drain beans in a colander and rinse. Wash saucepan, return beans to saucepan and add enough water to cover by 2 inches. Bring to a boil over high heat. Reduce heat to low to maintain a steady simmer. Cover and cook for 1 1/2 to 2 hours or until beans are very tender. Reserve about 2/3 cup cooking liquid, drain beans and set aside to cool. (Or, cover and refrigerate beans in their cooking liquid for up to 4 days. Reserve 2/3 cup liquid and drain before proceeding with recipe.)
- 2) In a medium bowl, combine tomatoes, onion, jalapeños and about two-thirds of cilantro. Squeeze juice of 1 lime over tomato mixture and season, to taste, with salt and black pepper. Set aside.
- 3) In a food processor or blender, combine avocados, remaining cilantro and remaining juice of 1 lime. Purée until chunky then season with salt, and black pepper.
- 4) Place beans and 1/3 cup reserved cooking liquid in a food processor or (use either a blender or mash by hand with a potato masher). Process until you have a slightly chunky purée, adding additional cooking liquid, 1 tbsp at a time, as needed to reach desired consistency. Add 1/2 tsp salt and black pepper. Pulse several times to combine. Transfer beans to a 9 x 13-inch casserole dish or large glass bowl and spread into an even layer.
- 5) Sprinkle cheese evenly over beans. Dollop scoops of avocado mixture over cheese and use a spatula to spread into a thin layer. Dollop scoops of sour cream over avocado and spread into a thin layer. With a slotted spoon (to drain any liquid), spread tomato mixture evenly over sour cream. Serve immediately or cover and chill for up to 4 hours.