

A BETTER LAYERED BEAN DIP

YIELD: 50 SERVINGS, 3/4 CUP PORTIONS

Chef Sherry Hughes

This recipe can be served with taco chips or crackers and any kind of shredded cheese. The roasted chickpeas bring this dip from just okay to really delicious. The spices truly elevate the flavor and make for a memorable dish.

INGREDIENTS

- 1 recipe of blended Roasted Chickpeas (see sub recipe)
- 3 cups sour cream
- 3 cups shredded cheese (about 3/4 pounds)
- 12 cups pico de gallo (1 no. 10 can salsa)
- 12 cups shredded lettuce (about 2 pounds)

DIRECTIONS

1. Put one recipe of the Roasted Chickpeas into a food processor (Robot Coupe or blender will work, too) and slowly add 7-8 cups water, while the machine is running. Stop the machine briefly to scrape down the sides of the machine. Continue to blend, adding water as needed, until the mixture is smooth.
2. Using a 2 inch hotel pan, start layering the dip, first the beans, then the pico de gallo, then the lettuce, cheese and sour cream.

RECIPE NOTES - A BETTER LAYERED BEAN DIP

Nutritional information per serving*: 197 calories; 1.28 g sat. fat; 671.8 mg sodium; 29.42 g carbohydrate

A 3/4 cup serving provides 1/2 cup legume vegetable, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable

** nutrient data, crediting and allergen information may vary depending on the specific ingredients and equipment used in your location.*