

Seven-Layer Dip - with corn

adapted from *Once Upon a Chef*



- 2 cups tomatoes, cored, diced (Roma)
- 1 bunch green onions, thinly sliced, light and dark parts separated
- 1 jalapeño pepper, seeded and finely diced (divided)
- 4 tablespoons lime juice, from 2 limes (divided)
- 1 teaspoon salt, and more to taste
- 1/2 teaspoon sugar
- 3 tablespoons EVOO
- 3 cloves garlic, minced (divided)
- 15 ounces canned black beans, drained and rinsed
- 1 1/2 teaspoons ground cumin, divided use
- 1 tablespoon water
- 3 medium avocados, halved, pitted and diced
- 8 ounces sharp Cheddar cheese, shredded (divided)
- 1 cup sour cream
- 1 1/4 cups corn, canned, drained - with peppers (Mexicorn, Fiesta, Green Giant)
- Tortilla chips, for serving

Per Serving (excluding unknown items): 415 Calories; 31g Fat (64.3% calories from fat); 14g Protein; 25g Carbohydrate; 10g Dietary Fiber; 42mg Cholesterol; 566mg Sodium; 5g Total Sugars; trace Vitamin D; 268mg Calcium; 2mg Iron; 810mg Potassium; 285mg Phosphorus. Exchanges: .

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Servings: 8

1. **SALSA:** In a medium bowl, combine the tomatoes, half of the dark part of the green onions, half of the minced jalapeño, 2 tablespoons lime juice, 1/4 teaspoon of salt, and the sugar. (If your tomatoes are sweet, omit the sugar.) Set aside.
2. **BEANS:** Heat EVOO in a medium skillet over medium heat. Add all of the light part of the green onions and cook, stirring frequently, until softened, about 2 minutes. Measure out 1/4 teaspoon of the minced garlic and set aside in a medium bowl (you'll use this for the guacamole). Add the remaining garlic to the skillet and continue cooking for 30 seconds more. Do not brown. Add the black beans, 1/2 teaspoon salt, 3/4 teaspoon of the cumin, and water and continue cooking for about one minute. Off the heat, mash the beans with a fork or potato masher until they have a chunky puréed texture. Spread the beans into an 8x8 or 9x9-inch glass baking dish into an even layer. Set aside. Don't be dismayed if the bean layer tastes salty - the dish needs salt.
3. **GUACAMOLE:** To the medium bowl with the reserved garlic, add the avocados, the remaining dark green scallions, the remaining jalapeño, 1/2 teaspoon salt, the remaining 3/4 teaspoon cumin, and the remaining 2 tablespoons lime juice. Mash with a large, wide-tined fork until blended but still a bit chunky.
4. **ASSEMBLY:** Spread the sour cream evenly over the black bean layer. If you have one, use an offset spatula. Sprinkle half of the cheese over the sour cream, followed by all of the guacamole, and then the remaining cheese. Sprinkle the corn over the cheese.
5. **TRANSFER:** Transfer the salsa to a fine sieve and drain for about 5 minutes. Then pour the salsa on top of the corn corn layer, using a spoon to spread evenly. Cover with plastic wrap and refrigerate for 2-3 hours, or overnight if possible. Remove from refrigerator about an hour before serving, and serve with a spoon and tortilla chips. If made ahead, liquid might possibly rise up to the surface - use a paper towel to blot the liquid before serving.