

# 5 Layer Dip

## Ingredients:

- 2 teaspoons olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 (15.5-oz.) can black beans, preferably low-sodium, drained and rinsed
- ½ tsp dried chipotle pepper
- 4 Tablespoons lime juice
- ½ teaspoon ground cumin
- 1 Tablespoon water
- ½ teaspoon salt
- 2 cups corn kernels, frozen
- ¼ cup chopped cilantro leaves
- 2 ripe avocados
- 1 clove garlic, minced
- 2 cups plum tomatoes, diced
- 1 Tablespoon finely diced bottled jalapeno pepper, optional
- ¾ cup shredded extra-sharp Cheddar

## Directions:

1. Heat the oil in a skillet over medium. Add onions and cook until they soften, about 3 minutes. Stir in the garlic and cook for 1 minute more.
2. Put half of the onion mixture into a food processor with the black beans, chipotle pepper, 2 Tablespoons of the lime juice, cumin, water and salt. Puree until smooth. Set aside.
3. Add the corn to the skillet with the remaining onion mixture and cook for about 3 minutes. Remove from the heat and stir in the cilantro leaves.
4. In a small bowl mash the avocado with the remaining lime juice and minced garlic. In a medium bowl toss together the tomatoes and jalapeno. Season tomato mixture with salt and pepper to taste.
5. Spread the black bean dip into the bottom of an 8 by 8 glass baking or serving dish. Top with the corn mixture, spreading it out to form a single layer over the beans, repeat with the avocado, then the tomatoes. Top with cheese. Serve with baked chips.