

Natrel[®]

Mexican Layer Dip

This healthier, gluten free take on refried beans is topped with fresh tomatoes, bright cilantro, sharp scallions, chile-infused cashews and lactose free crema—perfect for dipping a sturdy chip!



SERVES
4-6



PREPARATION TIME
25MIN.



COOKING TIME
15MIN.



COOLING TIME
5MIN.

Ingredients

Crema

1 cup raw, unsalted cashews, soaked in water for at least 1 hour
½ cup Natrel Lactose Free 1%
1-2 tbsp. chopped pickled jalapeño, plus 2 tbsp of the pickling brine
1 tbsp. lime juice (about ½ a lime)
¼ tbsp. chili powder
1 tbsp. nutritional yeast
1 tbsp. sea salt
1 large garlic clove, crushed
Zest of 1 lime

"Refried" Beans

1 tbsp. olive oil
1 medium yellow onion, diced
1 large clove garlic, minced
¼ tbsp. ground cumin
½ tbsp. chile powder
2 cups (or one 540 ml can) cooked black beans, drained and rinsed
1-2 tbsp. chopped pickled jalapeño
½ tbsp. salt
1 Roma tomato, chopped small
1 OR 2 scallions, sliced on a bias
1 avocado, scooped out and roughly mashed together or sliced
Sea salt, for seasoning
Hot sauce, optional
Cilantro for serving, optional

Preparation

1. Sweat the onion in oil over medium-low heat until soft and translucent, but not brown, about 7 minutes.
2. Add garlic, cumin, and chili powder and stir, cooking until fragrant, about 30 seconds. Add black beans, pickled jalapeño, brine and salt. Continue to stir so that a bit of liquid evaporates, about 1 minute.
3. Using a potato masher, mash the mixture until the beans are rustically broken down. Taste and add more salt, if necessary.



4. While the onion is sweating, combine all of the crema ingredien



thick, add Natrel Lactose Free (1 tbsp at a time) to thin it down.

To serve a crowd

1. Season the tomatoes with a generous pinch of salt. Set aside in a bowl for a few minutes.
2. Spread the beans on a medium-sized platter, pie plate, or casserole dish and top with a generous layer of crema. Sprinkle on the salted diced tomato, scallion, and avocado. Top with additional crema, hot sauce, and cilantro for garnishing. Serve with a bowl of sturdy tortilla chips.



For individual portions

1. Season the tomato with a generous pinch of salt. Set aside in a bowl for a few minutes.
2. Spread the beans in individual cups or small bowls and top with a generous layer of crema. Sprinkle on the salted, diced tomato, scallion, and avocado. Top with additional crema, hot sauce, and cilantro for garnishing. Serve with a handful of sturdy tortilla chips tucked into the side.

