

Lighter Layered Dip



Here's a simple and colourful dip made with light ingredients, created by a dietitian. It's the perfect option for a hassle-free appetizer or a fun night with friends. We love its creamy texture paired with the freshness of the vegetables. Enjoy it with corn chips or whole grain crackers! For more ideas, check out our [3-Way Greek Yogurt Dips](#).

Preparation 10 min

Cooking 0 min

Servings 8

Nutrition Facts (per serving)

Calories 160

Fat 8

Carbohydrates 13

Fibre 1

Protein 9

Sodium 410

Ingredients

- 250 ml (1 cup) 1% M.F. sour cream
- 125 ml (½ cup) light cream cheese
- 60 ml (¼ cup) light mayonnaise
- 1 jar (418 ml) store-bought Mexican salsa

- 330 ml (1 ½ cups) light cheese, grated (cheddar or mozzarella)
- 1 bell pepper, diced
- 1 to 2 tomatoes, diced
- 2 green onions, finely chopped
- 30 ml (2 tbsp) fresh cilantro, chopped (optional)

To serve (*optional*)

- Raw vegetables
- Corn chips or whole grain crackers (To serve)

Preparation

1. In a medium bowl, mix the sour cream, cream cheese, and mayonnaise until smooth.
2. Spread this mixture evenly in the bottom of a serving dish. Top with salsa.
3. Sprinkle the grated cheese evenly over the salsa.
4. Garnish with bell pepper, tomatoes, green onions and, if desired, cilantro.
5. Serve immediately or cover and refrigerate until ready to serve.

Notes

Keeps for 3 days in the refrigerator in an airtight container.



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