

7 layer party dip

SERVES 2 • READY IN 15 MINUTES OR LESS

PHASE 3



Heat pan to medium high heat. Swirl in olive oil. Cook ground turkey with bell pepper, salt and onion powder until cooked through and liquid has evaporated, about 5-7 minutes. Mix in hot sauce and place in a heat safe glass serving bowl.

Sprinkle black beans evenly over ground turkey. Spread greek yogurt over top. Sprinkle tomato over yogurt evenly. Repeat with iceberg lettuce, then shredded cheese, olives and cilantro. Serve with sliced radishes and celery sticks.

Ingredients:

- 2 tsp olive oil
- 12-16 oz ground turkey
- 1 bell pepper, cored and chopped
- 1/2 tsp salt
- 1 tsp onion powder
- 1 tbsp hot sauce (ex Frank's Red Hot) or to taste

Additional Layers:

- 1 cup black beans (rinsed)
- 1 cup Greek yogurt
- 1 cup chopped tomato
- 1 cup iceberg lettuce
- 1 oz shredded cheddar cheese
- 1/2 cup sliced black olives
- 2 tbsp chopped cilantro for garnish

Serving Suggestions:

- large radishes, sliced into thin rounds
- celery sticks, cut into sticks