

Dinosaur Taco Dip *(Refried beans are spread into a dinosaur shape and sprinkled with dine-o-mite toppings. Tortilla chips line its back and head.)*

What To Do:

1. In a pastry bag combine a 16 ounce can of refried beans and 2 tbsp. of taco seasoning.

(A ziploc bag can be substituted for a pastry bag. Clip corner of bag.)

2. Trace the dinosaur shape onto waxed paper; cut out. Place pattern onto a large covered board.

3. Use bean/taco mixture filled bag and squeeze bean mixture around the outer edges of the pattern. Remove pattern and squeeze remaining bean mixture within the dinosaur outline; spread to fill.

4. Spread on top of bean mixture the following in order: 1 cup light sour cream, 1 cup shredded cheddar cheese, 1 cup chopped fresh tomatoes, and 1/2 cup sliced black olives. Spread over this 1 cup guacamole dip. Top with 2 cups of shredded lettuce.

5. Make an eye for the dinosaur by spooning some sour cream and topping with a black olive in the head area.

6. Place corn tortilla chips or triangle shaped triscuits along the head and back (Use whole grain corn chips for a creditable grain component). Note: Chips are a choking hazard to young children.

7. Allow children to serve themselves and scoop some dip onto their plate and eat with tortilla chips or triscuits.

CACFP credit: 1 grain, 1 meat alternate, and 1/2 vegetable serving

This institution is an equal opportunity provider and employer.



Nutrition For North Dakota Day Care Children
1408 20th Ave SW, Suite 5
Minot ND 58701-6494
Phone Numbers: 1.800.422.0326 or 838.6709
Website address: <http://www.minot.com/ndc>