

# Vegan Taco Dip

By tendollarwine on December 13, 2007



**Prep Time:** 15 mins **Total Time:** 15 mins **Servings:** 10-12

## About This Recipe

"This is a simple vegan version of that classic taco dip that is at every party. I've brought this to work parties and nobody knew it was vegan until I told them, and they all loved it!"

## Ingredients

- 2 (8 ounce) packages tofutti better-than-cream-cheese
- 1 (1 1/4 ounce) packages taco seasoning mix
- 2 cups lettuce, chopped
- 2 tomatoes, diced
- 1 (4 ounce) cans black olives, minced
- 1/2 cup onion, finely chopped

## Directions

1. Let the cream cheese come to room temperature while you prepare the veggies.
2. In a bowl with a spoon or sturdy spatula, mix the cream cheese and taco seasonings until well blended and creamy.
3. Spread into the bottom of a 9x13 baking dish, smooth evenly, and top with the lettuce, then the rest of the vegetables.
4. Cover and keep chilled in the refrigerator until ready to serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (45 g)		Total Fat 1.2g	1%
Servings Per Recipe: 10		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 21.9		Sugars 1.0 g	
Calories from Fat 11	52%	Sodium 102.3mg	4%
		Total Carbohydrate 2.6g	0%
		Dietary Fiber 0.8g	3%
		Sugars 1.0 g	4%
		Protein 0.4g	0%