



Cilantro is one herb known to help chelate (pull) mercury out of the human body. With our daily exposure to mercury, we should be eating plenty of cilantro.

Ingredients

- 2 cups (500 mL) [refried beans](#)
- 1 cup (250 mL) grated Monterey Jack cheese
- 1 cup (250 mL) [guacamole](#)
- 2 tbsp (30 mL) finely chopped organic parsley
- 2 tbsp (30 mL) finely chopped cilantro
- 1 cup (250 mL) organic sour cream
- 2 tomatoes, chopped
- 4 or 5 green onions, finely minced
- 1 bag organic blue or yellow corn tortilla chips

Instructions

1. Preheat oven to 350°F (180°C).
2. In a 9 in × 12 in (23 cm × 30 cm) glass baking dish, evenly spread the refried beans and cover with half of the grated cheese.
3. Next, spread the guacamole, then sprinkle on the parsley and cilantro.
4. Next, spread a layer of sour cream and green onions and then the chopped tomatoes.
5. For the last layer, add the remaining grated cheese and sprinkle with parsley.
6. Bake until the cheese melts and the dip is hot throughout. Serve at once with tortilla chips.

Makes 6-8 servings.