
Ingredients:

- 2 cups canned kidney beans, keep liquid
- 1 Tablespoon vinegar
- 3/4 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 2 teaspoons finely chopped onion
- 1 1/4 cup grated low fat cheddar cheese*

*Use 2% reduced fat cheese if low fat not available

Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Drain the kidney beans, but save the liquid in a small bowl.
3. Place the beans, vinegar, chili powder and cumin in a medium sized bowl and mash with blender or food processor. Add enough saved bean liquid to make the dip easy to spread.
4. Stir in the chopped onion and grated cheese.
5. Store in a tightly covered container and place in the fridge
6. Serve with raw vegetable sticks or crackers. You can store this dip in the fridge for up to 4 or 5 days.

Nutrition Facts (Per Serving)

calories, 110; carbohydrate, 13 g; protein, 10 g; total fat, 2 g; saturated fat, 1 g; trans fat, 0 g; cholesterol, 5 mg; fiber, 3 g; total sugars, 2 g; sodium, 241 mg; calcium, 113 mg; folate, 3 mcg; iron, 1 mg; percent calories from fat, 16%.

Adapted from: Pennsylvania Nutrition Education Network.

Makes 6 servings, approximately 1/3 cup each.



Bean Dip

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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