

Tortilla Bean Dip

Ingredients:

- 15 ounces refried beans, canned
- 15 ounces salsa, canned
- 4 ounces cheddar cheese, low-fat, shredded
- 8 ounces baked tortilla chips

Equipment:

- Colander
- Grater
- Mixing bowl
- Fork or potato masher

Number of Servings: 16
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. Open can of refried beans pour into a strainer. Rinse under cool water to remove sodium. Set aside and allow to drain. Add to a bowl.
2. Meanwhile, grate cheese with a grater into small pieces.
3. Add beans to a bowl, and use a fork or potato masher to mash beans.
4. Mix in salsa. Heat in microwave, if desired, for two minutes, then stir.
5. Top beans with cheese.
6. Can serve hot or cold with chips.

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Nutrition Facts

Serving Size: 1/8 cup dip with 1/2 oz tortilla chips
 Servings: 16

Amount Per Serving		Calories from Fat 9
		%Daily Value*
Calories 104		
Total Fat 1g		2%
Saturated Fat	trace	2%
Cholesterol 1mg		0%
Sodium 352mg		15%
Total Carbohydrate 18g		6%
Dietary Fiber	3g	11%
Protein 5g		11%
Vitamin A	4%	Vitamin C 9%
Iron	5%	Calcium 8%

*Percent Daily Values are based on a 2,000 calorie diet.

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