

## 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
Calories 104		%Daily Value*
<b>Total Fat</b> 1g		2%
Saturated Fat	trace	2%
<b>Cholesterol</b> 1mg		0%
<b>Sodium</b> 352mg		15%
<b>Total Carbohydrate</b> 18g		6%
Dietary Fiber	3g	11%
<b>Protein</b> 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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