

Bean Dip

Ingredients:

15 ounces canned kidney beans
 1 tablespoon vinegar
 3/4 teaspoon chili powder
 1/8 teaspoon ground cumin
 2 teaspoons onion, finely chopped
 8 ounces reduced fat cheddar
 cheese, grated

Equipment:

Colander
 Blender
 Measuring cups
 Measuring spoons
 Grater
 Cutting Board
 Knife

Number of Servings: 6
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. Drain the kidney beans and rinse in a colander under running water to remove sodium.
2. Add beans to blender along with vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough water to make the dip easy to spread.
3. Cut the ends off of the onion, peel off the brown layers and rinse. Cut the onion in half and then half again. Chop into fine pieces. Measure 2 teaspoons, and save the rest for other uses.
4. Use a grater to grate the cheese.
5. Add the onion and the cheese to the bean mixture and mix well.
6. Serve with raw vegetable sticks or crackers.

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Nutrition Facts

Serving Size: 1/2 cup

Servings: 6

Amount Per Serving

Calories 128 Calories from Fat 27

%Daily Value*

Total Fat 3g 5%

Saturated Fat 2g 8%

Cholesterol 8mg 3%

Sodium 476mg 20%

Total Carbohydrate 12g 4%

Dietary Fiber 5g 19%

Protein 13g 23%

Vitamin A 4% Vitamin C 2%

Iron 6% Calcium 18%

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

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