

recipe for: Black Bean Dip



1 Tbsp. chopped green chiles

1/4 c. chopped onion (1 small)

1 clove garlic, crushed

1 can (15 oz.) black beans, drained

1/2 c. plain nonfat yogurt

1/2 tsp. ground cumin

1/4 tsp. salt.



serves: 2c.

Place chiles, onion, garlic & beans in blender or food processor. Cover & blend or process until almost smooth. Stir in yogurt, cumin & salt, serve cold, or heat in 1 1/2-qt saucepan over medium heat, stirring frequently, until hot, serve with chips or crackers.

Per Tablespoon:

Calories: 10
Protein: 1g
Carbohydrate: 2g

Sodium: 55mg
Fat: 0g
Unsaturated: 0g

Saturated: 0g
Cholesterol: 0mg