



Zesty Bean Dip

Makes: 6 servings (1/3 cup per serving)

Preparation Time: 5 minutes

Ingredients

1 (16 ounce) can refried beans

1/2 cup salsa

3 tablespoons minced cilantro (optional)

1/2 small onion, minced (optional)

Crackers or *Baked Tortilla Chips* from the *Eating Smart • Being Active Let's Cook!* cookbook

Directions

1. Wash the cilantro (if using).
2. Collect, mince, and measure all ingredients before starting to prepare the recipe.
3. Combine all ingredients in a bowl.
4. Serve with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let's Cook!* cookbook or whole wheat crackers.
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Add minced green, red, or yellow bell pepper or diced jalapenos.

Nutrition Facts	
6 servings per container	
Serving size	1/3 Cup (102g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 309mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.