



Cheesy Bean Dip

Ingredients

- 15 ounces canned refried beans
- 15 ounces salsa
- 1 teaspoon seasonings such as cumin or garlic powder (optional)
- ½ cup reduced-fat cheddar cheese, shredded
- 8 cups bell peppers, sliced into strips

Directions

1. Add refried beans, salsa, and seasonings (if using) to a Bowl and mix.
2. Heat in microwave for two minutes, then stir.
3. Top with cheese. Can serve hot or cold with bell pepper strips.

Nutrition Facts

Serving Size 1 serving (134.74g)
Servings Per Container 16

Amount Per Serving

Calories 70 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 330mg **14%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 4g

Vitamin A 8% • Vitamin C 100%

Calcium 8% • Iron 4%

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