



A Nutrition Resource

Zesty Bean Dip

Yield: 3 Servings | Serving Size: 1 cup

Cost/Serving: \$0.89

Ingredients:

Salad

1 (16 ounce) can refried beans

½ cup salsa

3 tablespoons minced cilantro (optional)

½ 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. In a mixing bowl, stir together onion, red or green pepper, chili pepper (if using), corn, and beans.

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

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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.

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