

Layered Black Bean Dip

Serves 16

Ingredients:

- 1 can black beans (15 ounce, drained and rinsed)
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/2 cup salsa (thick and chunky)
- 1/2 cup sour cream (light)
- 1/4 cup green onion (chopped)
- 2 ounces cheddar cheese, reduced fat (grated)



Directions:

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.

Note:

Serve as a dip for raw vegetables such as celery, carrot sticks, and pepper slices.

Nutrition Facts	
16 servings per container	
Serving size 2 tablespoons (39g)	
Amount per serving	
Calories	61
	% Daily Value*
Total Fat 2g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 6mg	
Sodium 116mg	
Total Carbohydrate 7g	
Dietary Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	
Protein 3g	
Vitamin D 0mcg	
Calcium 57mg	
Iron 1mg	
Potassium 149mg	
* 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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