

Bean Dip-in-a-Bag

Makes 1 serving | Protein

Ingredients

- 1/3 cup pinto beans
cooked or canned, drained
and rinsed
- 1 teaspoon plain low-fat
yogurt
- 1 Tablespoon salsa
- 1 small resealable plastic
bag

Directions

1. Wash hands with warm, soapy water.
2. Place beans in small resealable plastic bag. Squeeze out excess air and seal.
3. Mash beans with fingers.
4. Add yogurt and salsa. Seal bag and mix with fingers.
5. Open bag or cut off corner of bag and squeeze out dip.
6. Enjoy with vegetables, corn chips, or whole-wheat crackers.



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Nutrition Facts	
1 servings per container	
Serving size	1/3 cup (98g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 263mg	6%

* The % Daily Values (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.

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.