



Bean Dip in A Bag

Makes 1 serving | Protein

Ingredients

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

Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Place beans in a 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.



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 Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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