

# Baja Bean Dip

From the United States Department of Agriculture

<http://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/baja-bean-dip>

## Ingredients

- 1 cans low-sodium tomatoes about 15 oz. each, drained and chopped)
- 1 can no-fat low-sodium refried beans (about 15 oz.)
- 1 can low-sodium corn (about 15 oz. drained)
- 2 tsp. finely chopped jalapeno pepper, optional
- 2 Tbsp. chili powder
- 1/4 tsp. salt
- 2 cups low-fat cheddar cheese (shredded)

## Instructions

1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup tomatoes, refried beans, 1/2 can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into 8 x 8 inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

**Makes 12 servings.**

## Nutrition information per serving

Calories: 120	Dietary Fiber: 4 g
Total Fat: 2 g	Sodium: 420 mg
Saturated Fat: 1 g	Protein: 9 g
Cholesterol: 5 mg	Carbohydrates: 18 g

