

BLACK BEAN AND CORN DIP

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/BlackBeanCornDip.aspx>

Ingredients

- 1 - 15 oz. can black beans, drained and rinsed or 2 cups black beans cooked at home
- 2 cups cooked fresh, frozen or canned corn
- 2 green onions, sliced
- 1/2 cup plain nonfat yogurt
- 1/2 teaspoon thyme
- 1/2 teaspoon chili powder
- Black pepper to taste

Instructions

1. Place all ingredients in a blender. Blend for about 20 seconds or until all ingredients are smooth.
2. If the dip is too thick, stir in two tablespoons of yogurt.

Makes 12 servings. Serving size: 1/4 cup (69g)

Nutritional information per serving (4 servings)Calories: 68

Calories from fat: 3

Total fat: 0g

Saturated fat: 0g

Cholesterol: 0 mg

Sodium: 77mg

Total carbohydrate: 13g

Dietary fiber: 3g

Sugars: 0g

Protein: 4g

Vitamin A: 0%

Vitamin C: 4%

Calcium: 4%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center