

Recipe

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Prep Time:	5 minutes
Cook Time:	n/a
Serving Size:	1 recipe

Nutrients Per Serving:	Calories	76
Protein	5 g,	Carbohydrate 14 g,
Dietary Fiber	3 g,	Total Fat 0 g,
Saturated Fat	0 g,	Sodium 144 mg



Yummy Bean Dip

INGREDIENTS

1/3 cup beans, canned or cooked
(pinto beans work well)

1 teaspoon yogurt, non-fat plain

1 Tablespoon salsa

DIRECTIONS

1. Place beans in a small, resealable plastic bag. Squeeze out extra air and seal. Mash beans with fingers.
2. Add yogurt and salsa. Seal bag and mash with fingers.
3. Open bag or cut off corner of bag and squeeze out dip.

Makes one serving

Notes: Enjoy dip with your favorite veggies, corn chips, pita bread wedges or whole wheat crackers.

Canned pinto beans used for costing and nutrition analysis.

Source:

USDA Mixing Bowl What's Cooking?

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www.whatscooking.fns.usda.gov



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