

Black Bean Dip

Ingredients

1 15 oz can black beans,
rinsed and drained

1/4 cup chopped red onion

1/4 cup finely chopped
cilantro

1 clove garlic, smashed

Juice of one lime

1/2 tsp ground cumin

1/4 tsp chili powder

1 tbsp olive oil

Salt and pepper, to taste



Optional toppings:

Diced jalapenos

Crumbled Cotija cheese

Serves 4

This hearty snack comes together in mere minutes and holds well in the refrigerator for several days. Mix a batch to bring to work, or serve to the kids as an after school snack. You can feel good indulging in this plant-based, protein-packed dip which is high in soluble fiber to support heart health, weight control, and lower cholesterol! Feel free to substitute any bean in this recipe, or add lentils, 1/4 tsp ground turmeric, and serve with naan bread for an East Indian flair.

Place first seven ingredients in food processor, blend until smooth. Drizzle in olive oil and blend until achieving desired consistency. Top with diced jalapenos and Cotija cheese.

Serve as dip with baked tortilla chips and fresh vegetables such as: bell pepper strips, purple cabbage, and celery sticks.



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