

SOUTHWEST BLACK BEAN DIP

Gluten Free
Vegan/Plant Based

This is a great way to add more vegetables to the snacks or meal plans. Choose tortilla chips made from whole grain corn and you will have veggies and whole grains in the snack plan.

- 2-tablespoons lime juice
- 1 tablespoon extra-virgin olive oil
- 1/2-teaspoon ground cumin
- 1-1/2 cups frozen corn
- 1/4-cup chopped fresh cilantro
- 1 (15-ounce) can black beans, rinsed and drained (choose lower sodium such as Westbrae brand 140mg sodium or less)
- 1-large red bell pepper, chopped
- Jalapeno Pepper, chopped(if desired)
- Tortilla chips or dipping vegetables

Mix the lime juice, oil, and cumin in a small bowl. Combine the corn, cilantro, black beans, and red bell pepper and jalapeno pepper; toss. Drizzle dressing over bean mixture and mix. Serve with whole grain tortilla chips .

Nutritional Facts	1/2-cup
Serving Size	
Servings	8
Calories	80
Total Fat	1.5gm
Saturated Fat	0gm
Trans Fat	0 gm
Cholesterol	0mg
Sodium	60 mg
Potassium	335 mg
Carbohydrates	13 gm
Fiber	3 gm
Protein	3 gm



Heart & Vascular Center