



Southwest Bean Dip

Serves: 10 Serving Size: ¾ cup cup

From Cooking Matters at the Store

Ingredients:

1 medium bell pepper
1 small red onion
2 (15 ½ ounce) cans beans or black-eyed peas
1 (15 ¼ ounce) can corn kernels, no salt added
3 Tablespoons vinegar
1 teaspoon cumin
¼ teaspoon salt
½ teaspoon black pepper
Optional:
¼ cup fresh cilantro leaves

Instructions:

1. Dice bell pepper and onion.
2. If using cilantro, rinse and chop cilantro leaves.
3. In a colander, drain and rinse beans or peas and corn.
4. In a large bowl, combine all ingredients. Mix well.
5. Serve as a side, over lettuce leaves, or as a dip .

Calories: 90 Total Fat: 4.5 g Saturated Fat: 0.5 g Sodium: 35 mg
Carbohydrates: 13 g Fiber: 3 g Protein : 2 g