



Layered Black Bean Dip

Makes: 16 servings

Looking for a healthy snack for game day? This Layered Black Bean Dip

Ingredients

1 can black beans (15 ounce, drained and rinsed)

1/4 teaspoon onion powder

1/4 teaspoon dried oregano

1/8 teaspoon garlic powder

1/8 teaspoon cayenne pepper

1/2 cup salsa (thick and chunky)

1/2 cup sour cream (light)

1/4 cup green onion (chopped)

2 ounces cheddar cheese, reduced fat (grated)

Nutrition Information

Nutrients	Amount
Calories	40
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	150 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.

Notes

Serve as a dip for raw vegetables such as celery, carrot sticks, and pepper slices.

Source: Cornell Cooperative Extension of Onondaga County, Good Food Cookbook