

Tortilla Chips and Bean Dip

Makes: 4 servings

Ingredients

4 corn tortillas

1 can kidney beans (16 ounce)

1/4 cup salsa

1/4 cup sour cream, non-fat

1/2 cup cheddar cheese (shredded)

1 cup lettuce (shredded)

Directions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.

Nutrition Information

Nutrients	Amount
Calories	240
Total Fat	8 g
Saturated Fat	5 g
Cholesterol	25 mg
Sodium	450 mg
Total Carbohydrate	30 g
Dietary Fiber	8 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

7. Grate and measure cheese; sprinkle over bean mixture.

8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.

9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Create-a-Flavor Changes

- Use Monterey Jack or another cheese.
- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

Source: Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - A Pyramid of Snacks