

BLACK BEAN DIP

For an easy, tasty, nutrient filled alternative to high fat dips, give this one a try. Not only does it deliver on flavor, but you get a double dose of veggies with the beans and salsa as well as double protein from the Greek yogurt and the beans. And if you use bean chips and/or veggies for dippers you are an A-lister when it comes to eating well.

Ingredients

1 15 ounce can black beans, rinsed and drained
1 5 ounce container plain non fat Greek yogurt
½ cup medium spicy chunky salsa
½ packet Taco seasoning mix

Pour all ingredients into a blender and puree until smooth. If you don't have a blender, mash the beans and then add other ingredients and mix well. Serve with tortilla chips and/or vegetables

Prep time: under 5 minutes

Yield: 3, ½ cup servings

Per serving: Bean dip + 1 serving of tortilla chips or with a cup of vegetables

Calories: 221-321

Carbs: 35-55 grams (62%)

Protein: 15 grams (19%)

Fat: 6.5 (18%)

