

# Tex-Mex Black Bean Dip



**CHOICES**  
Steps Toward  
Health

Serves 8

1/2 cup onion, chopped  
1/2 cup tomato, diced  
1/4 cup fresh cilantro, chopped  
1 15-ounce can black or navy beans, drained  
Vegetable oil cooking spray  
2 garlic cloves, minced, or 1/4 teaspoon  
garlic powder  
1/3 cup mild picante sauce or salsa  
1/2 teaspoon ground cumin  
1/2 teaspoon chili powder  
1/4 cup Monterey Jack cheese, shredded  
1 tablespoon lime juice (optional)  
4 ounce can chopped green chilies (optional)

**TIP:** Serve with fresh vegetables or low-fat crackers.

1. Wash and prepare onion, tomato and cilantro.
2. Place beans in a bowl; partially mash until chunky. Set aside.
3. Spray a non-stick pan with cooking spray. Add onion and garlic; cook 4 minutes or until tender.
4. Add beans, tomato, salsa, cumin and chili powder, cook 5 minutes; remove from heat.
5. Add cheese, and cilantro. Stir well.
6. Stir in lime juice and green chilies as desired.



**Nutrition Facts:** Serving size: 1/2 cup; Calories: 80; Fruits and Vegetables: 1; Fat: 1.5 g; Fiber: 4 g



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