

Black Bean Dip with Veggie Dippers

Ingredients:

1 cup Fiber One cereal, original
1 large tomato, chopped
1 can (15oz) black beans, drained
1⁄4 cup water
2 tbsp. lime juice
1⁄4 cup chopped green onions
1 clove garlic, minced
1⁄2 tsp. salt
1⁄2 tsp. ground cumin
1⁄2 tsp. chili powder
1⁄4 - 1⁄2 tsp. hot pepper sauce
2 tbsp. cilantro, chopped
1 cup each, sliced; Jicama, carrot, red or yellow bell pepper
1 cup cauliflower flowerets

Nutrition Facts

Serving Size 1/3 cup (88g) Servings Per Container 9

Amount Per Serving Calories 60

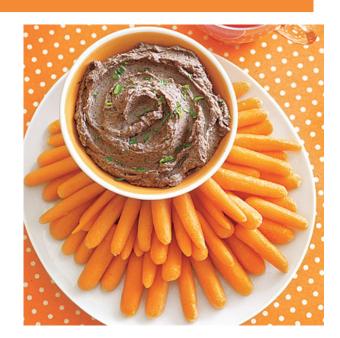
Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 300mg

Total Fat 0g









Directions:

- 1. In food processor, process cereal until slightly crushed.
- Add ½ cup chopped tomato, the beans, water, lime juice, onions, garlic, salt, cumin, chili powder and hot pepper sauce to cereal. Cover; process until almost smooth.
- In 1 quart microwavable serving bowl, place bean mixture in microwave. Heat on high for 2 -3 minutes or until hot.
- 4. Stir in the reserved tomato and 2 tbsp. cilant-ro.
- 5. Serve with fresh mixed vegetables.

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Total Carbo	hydrate '	13g	4%
Dietary Fi	ber 5g		20%
Sugars 1g	J		
Protein 3g			
Vitamin A 4%	· · ·	Vitamin (C 10%
Calcium 4%	•	Iron 10%	
*Percent Daily V diet. Your daily v depending on yc	alues may be ur calorie ne	e higher or l eds:	ower
	Calories:	2,000	2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per grai Fat 9 • (n: Carbohydrate	e 4 • Prot	ein 4

Calories from Fat 5 % Daily Value*

0%

0%

0%

13%