



# Black Bean Dip

1 teaspoon vegetable oil or olive oil	½ teaspoon ground cumin
½ cup chopped onion	1 teaspoon chili powder
1 tablespoon minced garlic	¼ teaspoon cayenne pepper, or to taste
1 (15 oz.) can black beans, fat-free, no-salt added, drained and rinsed	¼ cup shredded low-sodium Swiss cheese
½ cup diced fresh tomatoes	2 tablespoons lime juice
	½ cup salsa

## Directions

1. Wash hands with soap and water. Heat oil in a skillet and sauté the onion and garlic until tender.
2. Add the beans, tomato, salsa, and spices. Heat about 5 minutes or until slightly thickened.
3. Remove from heat. Stir in the cheese and lime juice. Mash with potato masher and stir until cheese melts. Serve warm or cold with low-fat, reduced-sodium corn tortilla chips. *Makes 12 (¼ cup) servings*

**Nutrition Information per serving:** 50 calories, 1 gram total fat, (0 gram saturated fat), 0 milligrams cholesterol, 60 milligrams sodium, 7 grams carbohydrates, 2 grams dietary fiber, 3 grams protein