**Healthy Options Recipe**

**Black Bean Dip**

**Ingredients:**
- 4 c. canned black beans
- 1 c. tomatoes, chopped
- ½ c onion, chopped
- 2 c. low-fat sour cream
- 3 Tbsp. cumin
- 2 Tsp. chili powder

**Directions:**
Add all ingredients to a food processor or blender. Blend until smooth. Serve with fresh veggies or multi-grain chips.

This recipe is provided by SHS Wellness Programs.