

Avocado, Pico de Gallo, & Black Bean Dip

3 cans of black beans, drained & rinsed
1 can of corn drained
1 chopped bunch of cilantro
1 pint/container of fresh deli pico de gallo drained off a little
(Homemade pico de gallo: finely chopped tomato, (half) onion, red bell pepper, & jalapeno according to your preference)
2-3 fresh limes juiced
2 chopped avocados
Served with multi-grain or tortilla chips

Rinse and drain 3 cans of black beans and put into a large bowl. Drain corn and add to dip. Chop bunch of cilantro and remove stems if you'd like. Lightly drain fresh deli pico de gallo or chop up homemade pico de gall and add to dip. Cut up avocados into small cubes and squeeze 2-3 limes over entire dip. Enjoy!

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All of our recipes can be found online at www.uvu.edu/wellnessed

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