

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.

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