



EATING SMART
BEING ACTIVE

Zesty Bean Dip

Makes: 6 servings (1/3 cup per serving)

Preparation Time: 5 minutes

Ingredients

1 (16 ounce) can refried beans

1/2 cup salsa

3 tablespoons minced cilantro (optional)

1/2 small onion, minced (optional)

Crackers or *Baked Tortilla Chips* from the *Eating Smart • Being Active Let's Cook!* cookbook

Directions

1. Wash hands with soap and water.
2. Wash the cilantro (if using) under cold running water.
3. Collect, mince, and measure all ingredients before starting to prepare the recipe.
4. Combine all ingredients in a bowl.
5. Serve with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let's Cook!* cookbook or whole wheat crackers.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Add minced green, red, or yellow bell pepper or diced jalapenos.

Nutrition Facts	
6 servings per container	
Serving size	1/3 Cup (102g)
Amount Per Serving	
Calories	80
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 309mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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