



Lime-Spiked Black Bean Dip

Makes 10 servings

1 (15-oz) can Black beans, rinsed and drained
½ cup grated carrot
1/3 cup lime juice
2 Tbsp. finely chopped green onions
2 Tbsp. chopped fresh cilantro
½ - 1 tsp. minced garlic
salt and pepper to taste

- Place beans and carrots in a food processor and pulse until almost smooth.
- Combine the bean/carrot mixture and remaining ingredients in a medium bowl stirring until well blended.
- Let stand 30 minutes.
- Serve with baked tortilla chips, carrot & celery sticks, and sliced red and yellow peppers.

Nutrition Information:

Calories: 65 Total Fat: 0.28g
Saturated Fat: 0.07g Carbohydrate: 12.44g
Dietary Fiber: 2.96g Total Protein: 3.83g
Potassium: 188mg