



# Get Up & Move!

## Black Bean Dip

- 1 teaspoon vegetable oil
- 1/2 cup chopped onion
- 1 tablespoon minced garlic
- 1 can black beans (15 oz.), well drained
- 1/2 cup diced tomato
- 1/2 cup salsa or piquant sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 tablespoon lime juice
- 1/2 cup shredded reduced-fat Monterey Jack cheese

In a skillet, sauté the onion and garlic until tender. Add the beans, tomato, salsa, and spices. Heat about 5 minutes or until slightly thickened. Remove from heat. Stir in the lime juice. Sprinkle with cheese and allow to melt. May stir before serving. Serve warm or cold with low-fat tortilla chips.

Makes 12 (1/4 cup) servings.

*Nutritional Information per serving of dip (does not include chips)*

| <b>Nutrition Facts</b>   |                             |
|--|-----------------------------|
| Serving Size (66g)   |                             |
| Servings Per Container 12  |                             |
| <b>Amount Per Serving</b>  |                             |
| <b>Calories 60</b>   | <b>Calories from Fat 15</b> |
| % Daily Value*   |                             |
| <b>Total Fat 1.5g</b>  | <b>2%</b>                   |
| Saturated Fat 0.5g   | 3%                          |
| Trans Fat 0g   |                             |
| <b>Cholesterol 5mg</b>   | <b>2%</b>                   |
| <b>Sodium 190mg</b>  | <b>8%</b>                   |
| <b>Total Carbohydrate 7g</b>   | <b>2%</b>                   |
| Dietary Fiber 2g   | 8%                          |
| Sugars 1g  |                             |
| <b>Protein 3g</b>  |                             |
| Vitamin A 2%   | • Vitamin C 4%              |
| Calcium 8%   | • Iron 4%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |