

Nutrition Education

Dips are often loaded with fat, calories and sodium. For something different, try this dip. They are low in fat, are very nutritious and easy to make.

Black Bean Dip

1 can (15oz.) black beans, rinsed and drained
2 cloves garlic
1 tsp. oregano
1 tsp. ground cumin
¼ cup fresh cilantro

Add all the ingredients to a food processor or blender and pulse until smooth. Serve with crackers, raw vegetables, baked chips or tortillas.

