

Appetizer - Lime -Spiked Black Bean Dip

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INGREDIENTS

2 (15-ounce) cans black beans, rinsed and drained
1 cup grated carrot
1/2 cup fresh lime juice (about 2 limes)
1/4 cup finely chopped green onions
1/4 cup chopped fresh cilantro
1 teaspoon minced garlic
1/4 teaspoon salt
1/8 teaspoon ground red pepper

INSTRUCTIONS

Place beans in a food processor, and pulse until almost smooth. Combine the beans, carrot, and the remaining ingredients in a medium bowl, stirring until well blended. Let stand 30 minutes. Serve with baked tortilla chips.

Yield: 5 cups (serving size: 2 tablespoons)

CALORIES 19 (5% from fat); FAT 0.1g (sat 0.0g,mono 0.1g,poly 0.0g); PROTEIN 1.2g; CHOLESTEROL 0.0mg; CALCIUM 8mg; SODIUM 61mg; FIBER 1.3g; IRON 0.3mg; CARBOHYDRATE 3.9g