

Black Bean Dip



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What You Need

*This make-ahead appetizer
is a very high source of fibre!*

Makes 8 Servings

- 1 can (15 oz) black beans
- 1/2 cup light Miracle Whip or mayonnaise
- 1/2 cup fat free sour cream
- 1 can (4 oz) green chilies
- 2 tbsp chopped cilantro or more!
- 1 tsp chili powder
- 1 or 2 crushed garlic cloves
- Hot pepper sauce—as much as you like!

Per Serving

Calories 130
Carbohydrates 19 g
Protein 6 g
Fat 4 g
Dietary Fiber 4 g

How You Prepare

Rinse and drain black beans and put in food processor to blend. Add in Miracle Whip, sour cream, drained chilies, cilantro, chili powder, garlic and pepper sauce and blend well. Spread and cover each tortilla shell then roll tightly. Put in covered container for a couple of hours then slice in bite size pieces. Serve with pita bread, crackers or vegetables.