

Black Bean Dip



Ingredients:

- 3 cups black beans, cooked and mashed (drain if using canned beans)
- 1 cup low-fat plain yogurt
- 1 clove garlic, chopped
- 1 jalapeno pepper, chopped
- 1 teaspoon salt
- 2 teaspoons lemon or lime juice

Directions:

1. Place all ingredients into a blender or food processor and blend until desired consistency.
2. Place the dip in a container and refrigerate until ready to serve.
3. May be served cold or warm.
4. Refrigerate left overs.

Makes 24 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>