



A Nutrition Resource

## Zesty Bean Dip

**Yield: 3 Servings | Serving Size: 1 cup**

**Cost/Serving: \$0.89**

### Ingredients:

#### Salad

1 (16 ounce) can refried beans

½ cup salsa

3 tablespoons minced cilantro (optional)

½ small onion, minced (optional)

Crackers or Baked Tortilla Chips from the Eating Smart •

Being Active Let's Cook! cookbook



### Directions:

- 1) Wash the cilantro (if using).
- 2) Collect, mince, and measure all ingredients before starting to prepare the recipe.
- 3) Combine all ingredients in a bowl.
- 4) Serve with Baked Tortilla Chips from the Eating Smart • Being Active Let's Cook! cookbook or whole wheat crackers.
- 5) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days. In a mixing bowl, stir together onion, red or green pepper, chili pepper (if using), corn, and beans.

**Be creative!** Add minced green, red, or yellow bell pepper or diced jalapenos.

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

### Nutrition Facts

6 servings per container

Serving size 1/3 Cup (102g)

Amount Per Serving

**Calories 80**

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 430mg 19%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 309mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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