



BLACK BEAN DIP

Ingredients

2 (14oz) Cans Black Beans,
drained and rinsed

$\frac{3}{4}$ Cup Mild Salsa

4 Garlic Cloves, minced

2 Teaspoons Lemon Juice

$\frac{1}{8}$ Teaspoon Salt

1 Teaspoon Ground Cumin
(optional)

Directions

1. Puree all ingredients in a food processor until smooth.

Yields: $2\frac{3}{4}$ Cups

Toddler = 2 tablespoons as meat/meat alternate OR

Toddler = $\frac{1}{2}$ cup as vegetable at snack.

Preschool & School-Age = $\frac{1}{4}$ cup as meat/meat alternate OR

Preschool & School-Age = $\frac{3}{4}$ cup as vegetable at snack.