



BLACK BEAN DIP

March 4 National Snack Day

INGREDIENTS

- 3 Cups Tomatoes (seeded and diced)
- 3 Cups Canned Black Beans (rinsed)
- 6 Tablespoons Scallions (chopped)
- 3 Tablespoons Fresh Cilantro (chopped)
- 3 Tablespoons Fresh Squeezed Lime Juice
- 4½ Teaspoons Extra-Virgin Olive Oil
- 3 Teaspoons Chipotle Chili Peppers in Adobo Sauce (minced)
- ¾ Teaspoon Salt

DIRECTIONS

1. On a cutting board, finely chop the tomatoes and remove the seeds. Place chopped tomatoes in a big mixing bowl.
2. Rinse the black beans and add 3 cups of black beans to the mixing bowl with the tomatoes.
3. Finely chop 3 chipotle chili peppers and add to mixing bowl.
4. Add in the scallions, cilantro, lime juice, olive oil, and salt into the mixing bowl that contains the chilis, tomatoes and black beans.
5. Mix well, adding more salt if needed per your personal taste and serve immediately.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup