



Black Bean and Corn Dip

(Makes 3 cups)

Ingredients:

- 1 - 15 oz. can black beans, drained and rinsed or 2 cups black beans cooked at home
- 2 cups cooked fresh, frozen or canned corn
- 2 green onions, sliced
- 1/2 cup plain nonfat yogurt
- 1/2 teaspoon thyme
- 1/2 teaspoon chili powder
- Black pepper to taste

Directions:

1. Place all ingredients in a blender.
2. Blend for about 20 seconds or until all ingredients are smooth.
3. If the dip is too thick, stir in two tablespoons of yogurt.

NUTRITION FACTS:

Serving Size: 1/4 cup (69 g)

Servings Per Recipe: 12

Amount per serving

Calories 68

Calories from fat 3

Total Fat 0 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 77 mg

This recipe was reprinted with permission from Public Health – Seattle King County.

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