



# Pinto Bean Dip

Servings 8 | Prep time 15 mins. | Total time 15 mins.

## Equipment:

Large zip-close plastic bag  
Can opener

## Utensils:

Measuring cups and spoons

## Ingredients

1 15 ounce can of no salt added pinto beans, drained and rinsed OR 2 cups prepared dried pinto beans (about 2/3 cup dried beans)

1/2 cup plain low-fat yogurt

1/2 cup salsa

Vegetables for dipping, chopped

Optional toppings: shredded cheese, chopped tomatoes or onions, cilantro, jalapeños, etc.

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables. If using dried beans, prepare according to package directions.
2. If using dried beans, prepare with. quick soak following package directions. Then cook beans following package instructions
3. Add beans to a large, zip-close bag. Squeeze extra air out of bag and seal. Mash beans with your fingers until beans have a smooth consistency.
4. Add yogurt and salsa to the bag. Reseal bag and mash with fingers until well-combined.
5. Serve immediately with freshly-cut vegetables or refrigerate for a firmer consistency.

## Nutritional Information:

Calories 60   Total Fat 0.5g   Sodium 125mg   Total Carbs 9g   Protein 4g