



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.

Nutritional Information:

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

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.