

## Muy Bueno Bean Dip

6 Servings

Estimated cost per serving: \$0.70

- 1 (16 oz) can fat-free or vegetarian refried beans
- $\frac{1}{2}$  cup of your favorite salsa
- 2 TBSP taco seasoning mix
- $\frac{1}{2}$  cup "light" sour cream
- $\frac{1}{2}$  cup cheddar cheese, shredded



- 1) In a medium bowl, mix together refried beans, salsa, and taco seasoning mix.
- 2) Spread bean mixture evenly over the bottom of a 8-in. x 8-in. dish or a 9-in. pie pan.
- 3) Spread sour cream over the bean mixture.
- 4) Sprinkle cheese evenly over the sour cream.
- 5) Cover and chill in the refrigerator until serving time.

**Nutrition Information**, per serving (about  $\frac{1}{2}$  cup or 8 Tbsp):

140 calories, 5g total fat, 3g saturated fat, 15 mg cholesterol, 710mg sodium, 16g carbohydrate, 4g fiber, 7g protein. **Good source** of calcium.

**Pyramid exchanges:** 0.5 meat, 1 bread/starch

**Tasty topping options:** chopped tomatoes, lettuce & onions, black olive slices and jalapeno pepper rings.

Serve with baked tortilla chips (see our recipe on this site) and raw veggies (bell pepper slices, celery, baby carrots, etc.) *or* spread on a whole wheat tortilla or pita bread half for a tasty "sandwich" filling.

**Nutrition Note:** An easy way to limit your intake of **saturated fat** is to substitute "fat-free" and "low-fat" cheese, cream cheese, yogurt, sour cream and milk for regular whole fat dairy products. You will maintain flavor while cutting total fat and calories.

Recipe provided by Shannon Perry, Dietetics Student (4/06)

Question or comments??? Contact SHS Nutritionist Rebecca Gruenes, MS, RD at (507)389-5689 or at [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu)