

Layered Black Bean Dip

Looking for a healthy snack for game day? This Layered Black Bean Dip is colorful, wholesome, and tasty. Paired with veggie sticks or whole grain tortilla chips, this recipe is a winner.

Makes: 16 servings

Ingredients

- 2 cans low-sodium black beans, drained and rinsed (15 ounces each)
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon cayenne pepper
- ½ cup sour cream
- ½ cup salsa
- 2 ounces grated cheddar cheese
- ¼ cup guacamole
- ¼ cup green onion, chopped



Directions

1. Mash 1 ½ cans of beans and mix with onion powder, dried oregano, garlic powder, and cayenne pepper.
2. Layer the mashed beans in a bowl, then top with sour cream, salsa, remaining ½ can of beans, grated cheese, guacamole, and green onions.

Note: Serve as a dip for raw vegetables such as celery, carrot sticks, and pepper slices.

Recipe from: *Good Food Cookbook*, Cornell Cooperative Extension of Onondaga County, adapted by the USDA Food and Nutrition Administration.

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