

Dips and Snacks Recipe

Hand Blender/Food Processor

Avocado Bean Dip



Ingredient	Approx. Cost*
3 15 oz cans black beans, rinsed and drained of liquid	\$2.67
1 avocado	\$1.69
1 14.5 oz can diced tomatoes	\$1.69
Fresh basil	\$2.49
Seasoning (olive oil, lemon juice)	\$0.75**
Total	\$9.29

of servings: 8 1 cup servings. **Cost per serving: \$1.16**

*Based on Peapod's on-line pricing as of 2/09.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Place ingredients in a deep bowl and process with hand blender until desired consistency. Serve. For a different texture and taste, coarsely puree the beans with the avocado. Mix in by hand a small jar of marinated sundried tomatoes, finely chopped and the basil. Spread on crostini and add a sprinkle of feta or parmesan cheese. Eat this way, or put under the broiler until the cheese melts.

Nutritional Information per 1 cup Serving:

Calories	291
Total Fat	8g
Saturated Fat	1g
% of daily total	5%
Carbohydrates	43g
Protein	15g
Fiber	16g

	% of daily total
Vit A	3%
Vit C:	9%
Calcium:	6%
Iron	23%
Good source of*	B vitamins, Iron, Potassium, Magnesium, Zinc
*(10% or more of the RDA)	

based on 2000 calorie diet

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