

Fiesta Dip

Tex-Mex flair is an American favorite!



Level: Easy

Serves: 12

Kids' Tool Kit

Mixing bowl
Can opener
Measuring spoon
Measuring cup
Scissors
Cutting board
Knife
Strainer
Grater
Pie plate or platter
Rubber spatula
Spoon

Chef's Choice

Fiesta Dip
Carrots and celery
Whole wheat crackers
Homemade tortilla chips
Low fat milk

Nutrition Facts

Serving Size 3 tablespoons (59g)	
Servings Per Container 12	
Amount Per Serving	
Calories 45	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	1%
Sodium 310mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 6%	Vitamin C 2%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

- 1/2 cup fat-free refried beans (about 1/2 of a 16-ounce can)
- 1/2 cup fat-free sour cream
- 1 tablespoon dry taco seasoning
- 3/4 cup picante sauce
- 2 or 3 green onions, chopped
- 1 small tomato, chopped
- 1/4 cup sliced black olives, drained
- 1 cup low fat shredded cheese (cheddar or co-jack)



Dippers: whole wheat crackers, homemade tortilla chips and veggies



Directions:

Remember to wash your hands!

1. Spread refried beans in a glass pie plate.
2. Mix sour cream and taco seasoning in a small bowl.
3. Spread sour cream mixture over refried beans.
4. Pour picante sauce on top of sour cream mixture.
5. Sprinkle onions, tomato, black olives and cheese on top.



Helpful Hints: Fiesta means party! This dip is perfect for an activity with kids of any age.

Try snipping green onions with clean kitchen shears. This may be easier for young cooks than using a knife!

Double this recipe and use the whole can of beans and black olives. Make the dip in two plates and freeze one for a quick snack another day.

Use your favorite cheese on top or a mixture of two cheeses. Buy Mexican blend cheese for this recipe and other favorite dishes that can use an extra zip!

Choose favorite toppings for the dip. Try adding green and red pepper or avocado for a special twist.



Safety Tips in the Kitchen: Wash can lids before opening so germs and dirt don't get in the food. How long has it been since you washed your can opener with hot, soapy water?

Food safety is important with this layered dip. Beans are a protein food and must be refrigerated after opening. Don't let the dip sit out at room temperature for more than two hours. Refrigerate leftovers safely!

Remember to wash the tomato and onions before dicing. Green onions need special attention. Before using green onions, trim off the root end and outer thin layer and throw away. Thoroughly wash the remaining green and white part of the onion. Let clean water run through the onion tops to wash away all dirt and germs. In this recipe, dice most of the fresh, green part of the onion for the dip. Green onions, scallions or diced onion can be used in this recipe.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.