# **Bean Dip**

Kids love to dip chips and veggies! 6 servings

#### **Ingredients:**

1 can (16-ounce) fat-free refried beans 1 can (10-ounce) tomatoes and green chilies (such as Rotel®)

Raw veggies and corn chips

#### **Directions:**

- 1. In a mixing bowl, combine refried beans and tomato mixture.
- **2.** Serve with chips or veggies.
- **3.** Store any leftover dip in refrigerator.

Nutrition Facts: One-half cup serving provides 90 calories, 0g total fat, 0mg cholesterol, 490mg sodium, 16g total carbohydrate

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.

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K-State Research and Extension

Family Nutrition Program

www.kidsacookin.ksu.edu

Chef's Choice

Veggies for dipping

Bean Dip

Low fat milk

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