

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

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Bean Dip
Veggies for dipping
Low fat milk

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