

Olé Frijoles Dip

Tastes great on veggies and chips!

Level: Easy

Serves: 4

Kids' Tool Kit

- Can opener
- Grater
- Microwave-safe medium mixing bowl
- Measuring cups
- Spoon

Ingredients:

- 1 cup low fat refried beans
- ¼ cup mild taco sauce or salsa
- ⅓ cup shredded cheddar cheese

For dipping: corn chips, baby carrots or celery



Directions:

Remember to wash your hands!



1. Wash lid on refried beans can. Open with clean can opener.
2. In a microwave-safe medium bowl, combine beans, taco sauce and cheese. Mix gently.
3. Heat 1 minute in microwave or until cheese melts.
4. Remove bowl from microwave using hot pads.
5. Serve warm or cold with corn chips, carrots or celery.

Chef's Choice

- Olé Frijoles Dip
- Carrot sticks
- Celery sticks
- Corn chips

Nutrition Facts

Serving Size 1/4 cup (87g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 390mg	16%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	14%
Sugars 0g	
Protein 7g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 8%
*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	



Helpful Hints: Meat foods help build and repair the body. Beans, nuts and peanuts are also part of the meat group. Pinto beans and black beans are the favorite ones used in making refried beans. The word "frijoles" means "beans" in Spanish.



Safety Tip: Always wash the lids of canned foods before opening because germs can be hiding there. An important food safety rule is to clean the can opener each time it is used.

Remember to refrigerate any leftover bean dip.

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.