

Olé Frijoles Dip

Tastes great on veggies and chips!

4 servings

Ingredients:

- 1 cup low fat refried beans
- 1/4 cup mild taco sauce or salsa
- 1/3 cup shredded cheddar cheese

For dipping: corn chips, baby carrots or celery

Directions:

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.

Nutrition Facts: One 1/4 cup serving provides 110 calories, 3g total fat, 10mg cholesterol, 390mg sodium, 13g 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

Olé Frijoles Dip
Carrot Sticks
Celery Sticks
Corn Chips

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