

Bean Dip

Kids love to dip chips and veggies!



Level: Easy

Serves: 6, 1/2 cup each

Kids' Tool Kit

Can opener
Rubber spatula
Mixing bowl

Chef's Choice

Bean Dip
Veggies for dipping
Low fat milk

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:

Remember to wash your hands!

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



Helpful Hints: Keep cut-up celery and carrots sticks, green pepper strips, broccoli "trees" and cherry tomatoes in the fridge for a healthy snack with dip.



Safety Tips: Wash can lids before opening. How long has it been since you washed your can opener? Use hot, soapy water and keep it clean so germs do not spread.

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book with this cooking activity: *Feast for 10* by Cathryn Falwell

Nutrition Facts

Serving Size 1/2 cup (123g)
Servings Per Container 6

Amount Per Serving
Calories 90 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 490mg **20%**

Total Carbohydrate 16g **5%**

Dietary Fiber 5g **19%**

Sugars 0g

Protein 6g

Vitamin A 4% • Vitamin C 4%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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

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.