

Ingredients:

Baja Bean Dip
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2 cans (15 ounces each) low-sodium tomatoes, drained and chopped
1 can (15 ounces) low-sodium fat-free refried beans
1 can (15 ounces) low-sodium corn, drained
2 Tablespoons chili powder
2 cups of low-fat cheddar cheese, shredded

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 350 degrees F.
3. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
4. Spoon into 8x8 – inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
5. Bake 5 to 10 minutes, or until cheese is melted.
6. Serve warm with tortilla chips.

Nutrition Facts (Per Serving)

Calories, 109; carbohydrate, 15 g; protein, 8 g; total fat, 2 g; saturated fat, 0.86 g; trans fat, 0 g; cholesterol, 4 mg; fiber, 3 g; total sugars, 4 g; sodium, 302 mg; calcium, 104 mg; folate, 3 mcg; iron, 1 mg; percent calories from fat, 15%.

Recipe courtesy of United States Department of Agriculture, Household Commodity Fact Sheet/Recipes – Delmonte.com

Makes 12 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.