# Layered Black Bean Dip

Serves 16

#### Ingredients:

1 can black beans (15 ounce, drained and rinsed) 1/4 teaspoon onion powder 1/4 teaspoon dried oregano 1/8 teaspoon garlic powder 1/8 teaspoon cayenne pepper 1/2 cup salsa (thick and chunky) 1/2 cup sour cream (light) 1/4 cup green onion (chopped) 2 ounces cheddar cheese, reduced fat (grated)

### **Directions:**

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.

2. Top with salsa, sour cream, green onions and grated cheese.

#### Note:

Serve as a dip for raw vegetables such as celery, carrot sticks, and pepper slices.





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Floros, Director

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