

Baja Bean Dip

Serves 12

Ingredients:

- 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	
Serving Size 1/3 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value *	
Total Fat 2g	
Saturated Fat 1g	
Trans Fat	
Cholesterol 5mg	
Sodium 420mg	
Total Carbohydrate 18g	
Dietary Fiber 4g	
Sugars 1g	
Protein 9g	
Vitamin A 54 RAE	Vitamin C 12mg
Calcium 117mg	Iron 2mg
*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

Recipe from:
<http://www.eatwellbewell.org/recipes/view?id=524>

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