**Recipe card instructions:**
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

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**Bean Dip**
- 2 cups canned kidney beans
- 1 tablespoon vinegar
- ¾ teaspoon chili powder
- ¼ teaspoon ground cumin
- 2 teaspoons finely chopped onion
- 1 cup grated cheddar cheese

Source: The Pennsylvania Nutrition Education Program

Drain the kidney beans, reserving liquid in a small bowl. Place the beans, vinegar, chili powder and cumin in a medium bowl; mash with a fork. Add enough reserved bean liquid to make the dip easy to spread. Stir in the chopped onion and grated cheese. Store in a tightly covered container in the refrigerator. Use in 4 to 5 days.

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Bean Dip

Nutrition Facts
Serving Size 1/2 cup (108g)
Amount Per Serving
Calories 150

% Daily Value
Total Fat 7g 11%
Sodium 410mg 26%
Total Carbohydrate 14g 5%
Dietary Fiber 6g 24%
Protein 9g

Vitamin A 6% Vitamin C 2%
Calcium 15% Iron 8%

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