

### 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.

## Layered Black Bean Dip

- 1 (15-ounce) can black beans, drained and rinsed
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ⅓ teaspoon garlic powder
- ⅓ teaspoon cayenne pepper
- ½ cup salsa, thick and chunky
- ½ cup light sour cream
- ¼ cup chopped onion
- 2 ounces grated reduced-fat cheddar cheese

Mash beans and mix with onion powder, oregano, garlic powder and cayenne pepper. Spread on a serving dish. Top with salsa, sour cream, onions and grated cheese. Makes 16 servings

Sources Cornell Cooperative Extension of Onondaga County

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Layered Black Bean Dip

| <b>Nutrition Facts</b>           |              |
|----------------------------------|--------------|
| Serving Size 2 Tablespoons (39g) |              |
| <b>Amount Per Serving</b>        |              |
| Calories 40                      |              |
| % Daily Value*                   |              |
| Total Fat 1.5g                   | 2%           |
| Sodium 150mg                     | 6%           |
| Total Carbohydrate 4g            | 1%           |
| Dietary Fiber 1g                 | 4%           |
| Protein 2g                       |              |
| Vitamin A 2%                     | Vitamin C 0% |
| Calcium 6%                       | Iron 2%      |

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

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