

CHEESY BLACK BEAN DIP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 16 (Serving = 1/4 cup)

Nutrition (per serving)

Calories: 60

Total Fat: 2 g

Saturated Fat: 1 g

Sodium: 70 mg

Total Carbohydrate: 7 g

Dietary Fiber: 1 g

Total Sugars: 2 g

Protein: 3 g



Ingredients

- 1-15 ounce can yellow corn, drained
- 1-15 ounce can no salt added black beans
- 1-10 ounce can diced tomatoes with green chilies, drained
- 4 ounces 1/3 less fat cream cheese, room temperature
- ½ cup non-fat plain Greek yogurt
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper
- 1 cup shredded Mexican cheese blend



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Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Set aside ½ cup of shredded cheese.
3. In a large bowl, mix together remaining ingredients until well combined.
4. Pour into an 8 x 8 inch baking dish and top with remaining ½ cup cheese.
5. Cover with aluminum foil and bake for 20 minutes.
6. Uncover dish and bake for an additional 10 minutes.
7. Serve with whole grain crackers, tortilla chips, or vegetables.