

Black Bean Dip

16 oz cream cheese, fat free
1 can (15 oz) black beans, drained and rinsed
1 cup reduced fat cheddar cheese, shredded
6 green onions, chopped
1-½ teaspoons ground cumin
Dash cayenne pepper
2 Tbsp. tomato, diced

Process cream cheese in a food processor until smooth. Add ½ of the black beans and process until smooth. Place mixture in a medium sized mixing bowl and add ¾ cup cheese (reserving ¼ cup for garnish), chopped onion (reserving 2 tablespoons for garnish), cumin, cayenne pepper and remaining beans. Garnish with tomato, cheese and onions. Cover and refrigerate. Best flavors after 8 hours of refrigeration. Serve with baked tortilla chips. Makes 12 servings.

Nutrition Information Per Serving: 95 calories; 10 grams protein; 3 grams fat; 335 mg sodium.