

Bean Dip

Ingredients

Refried beans, canned	12 ½ cups	3.1 L
Yogurt, plain, 2% M.F.	2 ⅓ cups	575 mL
Green onions, chopped	14 each	14 each
Cilantro, chopped	¾ cup	175 mL
Chili powder	7 tsp	35 mL
Garlic clove, minced	7 each	7 each
Cucumber or other vegetable, cut into sticks	12 cups	3 L

Directions

1. Combine all ingredients together, except cucumber.
2. Portion ⅓ cup (75 mL) amounts of bean dip onto 50 serving plates.
3. Portion ¼ cup (60 mL) cucumber sticks alongside bean dip.

Makes 50 ⅓ (110 g) servings.

Nutrition Facts	
Per 1/3 cup (110 g)	
Amount	% Daily Value
Calories 70	
Fat 1 g	2 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 200 mg	8 %
Carbohydrate 12 g	4 %
Fibre 4 g	16 %
Sugars 2 g	
Protein 4 g	
Vitamin A 4 %	Vitamin C 10%
Calcium 6 %	Iron 8 %

Nutrient Claim	Amount per Serving
High in fibre	4 g
Low in Fat	1 g
Source of iron	1.3 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/2
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1/3

Alberta Nutrition Guidelines Category

Choose Most Often
(Meat & Alternatives)



Recipe Tips

- Try serving this dip with baked pita chips. Cut whole wheat pitas into triangles and bake in a 350°F (175°C) oven for about 7 minutes, or until light and crispy.
- Leftover bean dip? Make a bean quesadilla, serve with a side salad and glass of milk for a balanced meal.
- Beans are a good source of fibre. Fibre will help keep kids feeling full and satisfied.

Recipe adapted and reprinted with permission from Westcoast Child Care Resource Centre's 'Healthy Start Model Menu Recipe Book'.