**Bean Dip**

*Preparation Time: 10 minutes*

**Ingredients**

- 1 (15-oz.) can pinto beans, drained (about 1 1/2 cups cooked)
- 3/4 cup salsa or picante sauce
- 1/4 cup chopped onion (optional)
- 1 clove of garlic, minced
- 1/8 teaspoon garlic powder

**Equipment**

- Medium bowl
- Fork
- Cutting board
- Blender or food processor (optional)
- Sharp knife
- Measuring cups

1. Put all ingredients in bowl. Mash with fork or blend in blender or food processor.
2. Warm in microwave at 50% power for 2 to 3 minutes. If still not warm enough, heat an additional 2 minutes. This can be eaten cold, too.

**Bright Ideas**

- Serve Bean Dip with cheese, tortilla chips or whole wheat crackers.
- Serve leftover dip in pocket bread with ham and cheese. Warm in a microwave, if desired.

**Menu Ideas**

- Whole wheat crackers with Bean Dip
- Cream of broccoli soup
- Orange slices
- Milk

<table>
<thead>
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<th>Serves: 7</th>
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<tbody>
<tr>
<td>Serving size: 1/4 cup</td>
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| Calories: 45  |
| Fat: 0 g  |
| Sodium: 410 mg  |
| Fiber: 2 g  |

You and your child should wash your hands before preparing food. This shows him the importance of clean hands. Then, let him mash the ingredients in step #1 for you.

This recipe is currently being revised. For more information on the Simply Good Eating curriculum, visit [www.extension.umn.edu/distribution/nutrition/DJ8020.html](http://www.extension.umn.edu/distribution/nutrition/DJ8020.html).

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