

Serving Size: ½ cup
Yield: 4 servings

You will need:

- 15 oz. can black beans, drained and rinsed
- 2 tablespoons cider vinegar
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon dried oregano
- 1 tablespoon water

What to do:

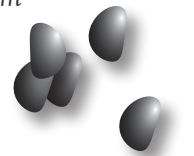
Puree all ingredients in blender or food processor and blend until smooth. Heat dip in microwave on high power for 2-3 minutes. Stir well. Serve with baked tortilla chips, whole wheat pita triangles or raw veggies.

Nutrition Information:

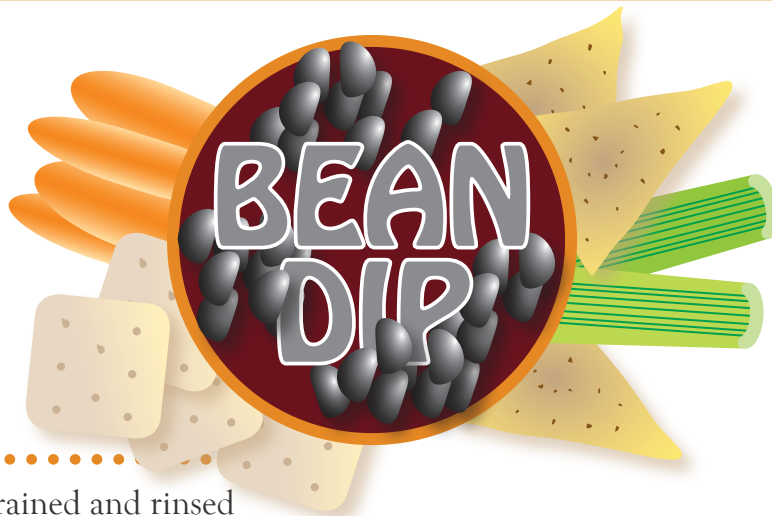
- Calories:** 143
- Fat:** 0.7 grams
- Fiber:** 1.4 grams

Recipe adapted from foodandhealth.com

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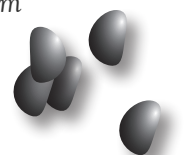
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