

Easy Black Bean Dip

This appetizer is sure to be a fan favorite! This dip is full of plant-based protein and fiber. It is perfect for a grab-and-go snack, or an appetizer to bring to a friend's get-together. Pair this dip with your favorite veggies or whole wheat crackers!

Yield: 4 servings

Serving Size: 1/3 of a cup

Ingredients:

- 1 (15 ounce) can low-sodium black beans, rinsed
- ¼ cup low-fat plain Greek yogurt
- 2 teaspoons lime juice (from 1 lime)
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- ¼ teaspoon paprika, preferably smoked
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon cayenne pepper or ground chipotle chile (optional)
- 2 teaspoons olive oil
- ¼ cup cilantro or scallions, freshly chopped
- ¼ cup onion, chopped

Instructions:

1. Place beans, yogurt, lime juice, cumin, oregano, garlic powder, paprika, salt and pepper in a blender.
2. Blend until well combined, about 20 seconds. For a spicier dip, add cayenne (or ground chipotle) to taste, up to 1/4 teaspoon.
3. Add oil, cilantro (or scallions) and onion. Pulse until well mixed, about 20 seconds. Transfer to a bowl to serve.

Per Serving: Calories 129 kcal, Carbohydrates 17 g, Protein 7 g, Sat Fat 1 g, Sodium 210 mg, Added Sugars 0 g

This recipe was taken from <https://www.eatingwell.com/recipe/267209/easy-black-bean-dip/>