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Olé Frijoles Dip

Prep Time: 5 minutes

Cook Time: 5 minutes

Cost per serving: \$0.30

What you need:

Utensils:

- Can opener
- Grater
- Microwave-safe medium sized mixing bowl
- Measuring cups
- Spoon

Ingredients:

- 1 cup low-fat refried beans
- ¼ cup mild taco sauce or salsa
- ⅓ cup reduced fat cheddar cheese, shredded

What to do:

1. Wash hands and cooking area.
2. Wash lid on refried beans can. Open with clean can opener.
3. In a microwave-safe medium bowl, combine beans, taco sauce and cheese. Mix gently.
4. Heat 1 minute in microwave or until cheese melts.
5. Remove bowl from microwave using hot pads.
6. Serve immediately. Can serve with baby carrots, celery, backed whole wheat tortilla chips or corn tortillas.

Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 4

Amount Per Serving

Calories 100 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 450mg **19%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 7g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 8%