

Black Cat Bean Dip with Witches Hats

Heart Healthy Recipe of the Month

A fun and healthy treat to celebrate the season!

Source: <http://www.foodfit.com>

Number of Servings: 12 (2Tbs dip & 2 pita chips)

Ingredients:

1 tablespoon olive oil
1/2 cup chopped onion
1 teaspoon finely chopped garlic
1/2 teaspoon cumin
12 ounce can of black beans
1 tablespoon lime juice
salt to taste
freshly ground black pepper
6 pieces pita bread, cut into triangles

Directions

1. Heat olive oil in a small skillet over medium heat. Add onion & garlic. Cook until onion begins to soften. Add cumin and cook until onions are completely soft.
2. Rinse & drain black beans.
3. Puree beans in a blender or food processor with onion mixture, lime juice, salt & pepper.
4. Serve with pita triangles (witches hats).

Nutrition Content:

Calories: 111
Total fat: 1g
Saturated fat: 0g
Cholesterol: 0 mg
Sodium: 373 mg
Total fiber: 4 g
Protein: 4 g
Carbohydrates: 21 g