

Dips and Salsas



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(photo by John Borge)



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(photo by John Borge)



Arriba Nacho Dip

- 2 cloves garlic, finely chopped
- 1 c. onion, finely chopped
- 1 c. green bell pepper, finely chopped
- ½ jalapeno pepper, finely chopped
- 3 large Roma tomatoes, chopped
- ¼ c. cilantro, finely chopped
- ¼ c. lemon juice
- 1 (15-oz.) can refried beans
- 4 oz. cheddar cheese, shredded

Make salsa by combining the first seven ingredients in a bowl; mix to combine. Put refried beans and salsa in a pot; stir until blended. Cook on low to medium heat for 20 minutes. Add cheese and stir until melted. Serve with tortilla chips or veggies.

Makes 12 servings.

Per serving: 60 calories, 0.5 g fat, 4 g protein, 8 g carbohydrate, 2 g fiber and 230 mg sodium

Black Bean and Fruit Salsa

- ½ c. mango, peeled and cubed
- 1 c. papaya, peeled and diced
- ½ c. pineapple, diced
- ½ c. black beans, canned, drained and rinsed
- 1 Tbsp. cilantro, minced
- 1 Tbsp. lime juice
- 1 Tbsp. extra-virgin olive oil
- 1 tsp. cumin
- ¼ tsp. black pepper
- 1 clove garlic, minced

Combine all ingredients in a large bowl; toss gently to coat.

Makes eight servings.

Per serving: 40 calories, 2 g fat, 0 g protein, 6 g carbohydrate, 1 g fiber and 0 mg sodium



Black Bean Dip

- 2 c. canned black beans, drained and rinsed
- 4 tsp. tomato paste
- 3 Tbsp. water
- 2 medium garlic cloves, minced
- 1 Tbsp. lemon juice
- ½ tsp. ground cumin
- ½ tsp. salt
- ⅛ tsp. cayenne pepper
- 2 scallions, green parts, chopped
- 2 Tbsp. canned green chilies, chopped

Combine all ingredients except scallions and green chilies in a food processor or blender. Puree ingredients until a consistent dip-like texture appears. Pour dip into a bowl. Stir in scallions and green chilies. Top with extra scallions. Serve chilled with crackers or vegetables.

Makes eight servings.

Per serving: 40 calories, 0 g fat, 3 g protein, 10 g carbohydrate, 3 g fiber and 310 mg sodium

Black Bean Salsa

- 1 (15.5-oz.) can black beans, drained and rinsed
- 1 medium tomato, diced
- ½ medium onion, finely chopped
- ½ green bell pepper, chopped
- 1 jalapeno pepper, minced
- ½ cup fresh cilantro, chopped
- 2 Tbsp. lime juice

Add all ingredients to a bowl and mix together. Serve with baked tortilla chips.

Makes eight servings.

Per serving: 40 calories, 0 g fat, 2 g protein, 9 g carbohydrate, 3 g fiber and 260 mg sodium



Black Bean Sandwich Spread

- ½ c. canned black beans, drained and rinsed
- 2 oz. cream cheese, softened
- 2½ tsp. lemon juice
- ⅛ tsp. cayenne pepper
- ¼ c. bell pepper, finely chopped

Blend all ingredients except peppers in a blender or food processor until smooth. Transfer to a serving bowl and add peppers. Refrigerate for one hour. Serve spread chilled on sandwiches or wraps, or try as a dipping sauce for crackers or vegetables.

Makes 12 servings.

Per serving: 25 calories, 1.5 g fat, 1 g protein, 2 g carbohydrate, 1 g fiber and 35 mg sodium

Cheddar Bean Dip

- 1 (15.5 oz.) can cannellini beans, drained and rinsed
- ⅓ c. low-sodium chicken broth
- 1 clove garlic, minced
- ½ tsp. cumin
- ½ c. low-fat shredded cheddar cheese

Preheat oven to 375 F. Combine all ingredients except cheese in a blender or food processor; mix until smooth. Pour mixture into greased 8- by 8-inch pan; spread evenly. Sprinkle cheese over mixture. Bake for 15 to 20 minutes.

Makes 10 servings.

Per serving: 45 calories, 1 g fat, 4 g protein, 6 g carbohydrate, 2 g fiber and 70 mg sodium



Cheesy Barbecue Bean Dip

- ½ c. vegetarian baked beans
- 3 Tbsp. shredded cheddar cheese
- 2 Tbsp. regular or hickory-smoked barbecue sauce
- 2 large carrots cut into diagonal slices (as dippers)
- 1 medium red or green pepper, cut into chunks (as dippers)

Place beans in small microwaveable bowl; mash slightly with fork. Stir in cheese and barbecue sauce. Cover with vented plastic wrap. Microwave on high for one minute; stir. Microwave for 30 seconds or until hot. Serve with corn chips, crackers, bell pepper chunks or carrot slices.

Makes four servings.

Per serving: 80 calories, 2 g fat, 3 g protein, 13 g carbohydrate, 1 g fiber and 280 mg sodium

Featured in: FN1595, "Steps to Healthy, Economical Meals," available at www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf

Easy Bean Dip

- 1 (15.5-oz.) can refried beans (no fat added)
- ¼ c. salsa

Mix beans and salsa together. Microwave until heated through. Serve with whole-grain crackers or veggies.

Makes five servings.

Per serving: 60 calories, 0 g fat, 3 g protein, 11 g carbohydrate, 3 g fiber and 360 mg sodium

Featured in: "Eat Smart Play Hard Magazine 2009" available at www.ag.ndsu.edu/eatsmart/magazine/07recipes.pdf



Fresh Corn and Black Bean Salsa

1 (15.5-oz.) can black beans, drained and rinsed

1½ c. frozen corn

2 c. salsa

Mix ingredients and refrigerate.
Serve as a dip with tortilla chips.

Makes six servings.

Per serving: 80 calories, 0 g fat, 4 g protein, 19 g carbohydrate, 4 g fiber and 260 mg sodium

Featured in: FN1584, "Let's Preserve Salsa II," available at www.ag.ndsu.edu/pubs/yf/foods/fn1584.pdf

Green Chili Bean Dip

1 c. canned black beans, drained and rinsed

1 c. canned kidney beans, drained and rinsed

½ c. nonfat yogurt, plain

1 clove garlic, minced

½ tsp. paprika

¼ tsp. cayenne pepper

2 Tbsp. lemon juice

2½ Tbsp. green chilies (canned or fresh)

Blend all ingredients in a blender or food processor until smooth. Transfer to serving bowl. Refrigerate for one hour. Serve as a dip with crackers or vegetables.

Makes eight servings.

Per serving: 70 calories, 0 g fat, 4 g protein, 13 g carbohydrate, 4 g fiber and 85 mg sodium



Hummus

- 1 (15.5-oz.) can chickpeas
- 4 Tbsp. tahini
- ¼ c. lemon juice
- 3 cloves crushed garlic
- 1 tsp. salt

Puree peas in blender or food processor. Add remaining ingredients and blend until smooth. The final product should be thick and smooth.

Makes 12 servings.

Per serving: 70 calories, 3 g fat, 3 g protein, 10 g carbohydrate, 1 g fiber and 160 mg sodium

Featured in: FN1508, "Pulses: The Perfect Food," available at www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf

Layered Bean Dip

- 1 (15.5-oz.) can refried beans
- 1 (1-oz.) package taco seasoning mix
- 1 (8-oz.) package cream cheese, softened
- 1 (4.5-oz.) can chopped green chilies
- 1 c. chunky salsa (any variety)
- 2 c. shredded lettuce
- 2 c. shredded cheddar or Mexican cheese blend (8-oz.)
- 1 medium tomato, finely diced (¾ c.)
- Tortilla chips or whole-wheat crackers, if desired

In medium bowl, mix refried beans and taco seasoning mix. Spread mixture on large platter. In another medium bowl, mix cream cheese and chilies. Carefully spread over bean mixture. Top with salsa, lettuce, cheese and tomato. Refrigerate until serving time. Serve with tortilla chips or whole-wheat crackers.

Makes 16 servings.

Per serving: 130 calories, 7 g fat, 7 g protein, 10 g carbohydrate, 2 g fiber and 550 mg sodium



Split Pea Salsa

- 1 c. dry green or yellow split peas, rinsed
- 2½ c. water
- 1 (15.5-oz.) can black beans, drained and rinsed
- 2 c. frozen corn
- ½ red bell pepper, chopped
- ¼ c. fresh cilantro, chopped
- ¼ c. lime juice
- 2 medium tomatoes, diced
- ½ c. onion, diced
- 1 tsp. ground cumin

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are tender (about 20 minutes). Drain and transfer to a large bowl. Wash and prepare all produce. Combine all ingredients in a large bowl. Serve with tortilla chips.

Makes 10 servings.

Per serving: 110 calories, 0.5 g fat, 5 g protein, 20 g carbohydrate, 4 g fiber and 250 mg sodium

Featured in: FN1508, "Pulses: The Perfect Food," available at www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf

Super Bean Dip

- 1 (15.5-oz.) can fat-free refried beans
- 1 (8 or 9 oz.) container bean dip
- 1 (8 oz.) container low-fat sour cream
- 1 c. tomatoes, chopped
- ½ c. ripe olives, chopped
- ½ c. green onion, chopped
- 2 c. grated low-fat sharp cheddar cheese
- Salsa (optional)
- Pita bread, raw vegetables or tortilla chips

Spread refried beans on a large plate. Combine dip and sour cream in a small bowl and spread over beans. Layer tomatoes, ripe olives, green onion and cheese over dip. Serve with wedges of pita bread, raw vegetables, fat-free tortilla chips and salsa. Refrigerate leftovers promptly.

Makes 20 servings.

Per serving: 70 calories, 3 g fat, 5 g protein, 7 g carbohydrate, 2 g fiber and 300 mg sodium

Featured in: FN1406, "Quick Facts: Your Game Plan: Healthful Snacking for Sports Fans," available at www.ag.ndsu.edu/pubs/yf/foods/fn1406.pdf