

Cinco de Mayo Dip

A diabetic-friendly recipe

Ingredients:

- 1 (14-ounce) can black beans, drained and rinsed
- 1 cup plain nonfat Greek yogurt
- 1/2 teaspoon cumin
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1 1/2 large avocados
- 1/2 lime, juiced
- 1/4 cup crumbled queso fresco
- 2 tomatoes, chopped
- 1/3 cup sliced black olives
- 2 green onions, thinly sliced
- 2 tablespoons minced fresh cilantro
- Cut vegetables, tortilla chips, or pita chips for serving



Directions

1. Place black beans in the bottom of an 8 X 8-inch baking dish, spreading evenly.
2. Combine yogurt, cumin, paprika, and salt in a small bowl. Spread mixture evenly over the beans.
3. Place avocado in a small bowl and mash well. Stir in lime juice. Spread avocado mixture over the yogurt mixture. Layer with queso fresco, tomatoes, olives, green onions, and cilantro.
4. Serve with cut vegetables, tortilla chips, or pita chips.

Makes 8 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.