

Appetizer

Black Bean Chili Dip

CabotCheese.com

Servings: 8

1 can (15 oz) black beans, drained and partially mashed

1/2 cup canned whole kernel corn, drained

1/3 cup salsa

1/4 cup water

2 teaspoons chili powder

cooking spray

5 ounces (1 1/4 cup) reduced-fat sharp Cheddar cheese or reduced-fat Pepper Jack cheese , grated

2 tablespoons canned green chiles, drained

Preheat oven to 375 degrees.

Combine beans, corn, salsa, water and chili powder; pour into a small casserole dish coated with cooking spray.

Sprinkle with cheese and green chiles.

Cover and bake for 30 minutes or until cheese is melted and filling is bubbly. Uncover and cook an additional 5 minutes.

Serve with tortilla chips.

Per Serving (excluding unknown items): 98 Calories; 1g Fat (4.8% calories from fat); 6g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 84mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.