Olé Frijoles Dip

Tastes great on veggies and chips!

Level: Easy

Serves: 4

Ingredients:
- 1 cup low fat refried beans
- 1/4 cup mild taco sauce or salsa
- 1/3 cup shredded cheddar cheese

For dipping: corn chips, baby carrots or celery

Directions:

Remember to wash your hands!

1. Wash lid on refried beans can. Open with clean can opener.

2. In a microwave-safe medium bowl, combine beans, taco sauce and cheese. Mix gently.

3. Heat 1 minute in microwave or until cheese melts.

4. Remove bowl from microwave using hot pads.

5. Serve warm or cold with corn chips, carrots or celery.

Helpful Hints: Meat foods help build and repair the body. Beans, nuts and peanuts are also part of the meat group. Pinto beans and black beans are the favorite ones used in making refried beans. The word “frijoles” means “beans” in Spanish.

Safety Tip: Always wash the lids of canned foods before opening because germs can be hiding there. An important food safety rule is to clean the can opener each time it is used.

Remember to refrigerate any leftover bean dip.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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