

Spicy Black Bean Cilantro Dip



bell
ILLINOIS

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Ingredients:

- 15-ounce can unsalted, fat-free black beans, drained and rinsed
- 1 clove garlic
- 1 teaspoon lemon juice
- 1/4 cup cilantro
- 2 tablespoons olive oil
- 1/4 cup water
- 1/2 small jalapeño pepper (optional), ribs and seeds removed

Directions:

1. Place beans, garlic, lemon juice, cilantro, olive oil, water, and jalapeño (if desired) into the bowl of a food processor or blender. Process until smooth, about 5 minutes, stopping halfway through to scrape down the sides.
2. Serve with fresh cut-up vegetables — try carrots, broccoli, bell peppers, and celery — for dipping.