JICAMA BLACK BEAN DIP

SERVES 10

INGREDIENTS

1 small jicama, peeled and chopped
1 can (15 ounces) black beans, drained and rinsed
1 cup frozen corn, thawed
1/2 green pepper, seeded and chopped
1/3 cup light Italian dressing
2 tablespoons fresh cilantro, chopped
1 bunch of scallions (or 1/2 cup chopped onion)
Salt and pepper to taste

DIRECTIONS

1. In a large bowl, combine jicama, beans, corn, pepper, scallions or onion, cilantro, and Italian dressing.
2. Mix thoroughly.
3. Add salt and pepper to taste.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 7/2012)

NUTRITIONAL INFORMATION:

Calories: 90
Fat: 1.5 grams (g)
Saturated Fat: 0 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 0 milligrams (mg)
Carbohydrates: 16 grams (g)
Dietary Fiber: 6 grams (g)
Protein: 4 grams (g)
Sodium: 230 milligrams (mg)
Vitamin A 8%
Calcium 2%
Vitamin C 30%
Iron 6%