Dinner Tonight!

Black Bean Dip

1 bunch green onions and tops, thinly sliced, divided use
1-2 cloves garlic, minced
1 15-ounce can black beans, rinsed and drained
3/4 cup (3 ounces) shredded reduced-fat Cheddar cheese
1/4 teaspoon salt
1/3 cup vegetable broth or water
1-2 tablespoons finely chopped cilantro
1 Roma tomato, chopped
Baked tortilla chips

Spray small skillet with cooking spray. Heat over medium heat until hot. Reserve 2 tablespoons onion; add remainder to skillet and garlic. Sauté until tender, about 3 minutes. Process black beans, cheese, and salt in food processor or blender until almost smooth, adding enough broth to make desired dipping consistency. Mix in onion mixture and cilantro. Spoon into bowl and sprinkle with tomato and remaining onions. Serve with tortilla chips.

Preparation Time: 15 minutes
Cook Time: 3 minutes
Serves: 12 (2 tablespoons per serving)

Nutrition facts per serving (does not include chips):
Calories: 48
Total Fat: 4 g
Cholesterol: 4 mg
Sodium: 254 mg
Total Carbohydrate: 7 g
Protein: 4.5 g