Dinner Tonight!

Black Bean Dip

1 (15 ounce) can black beans, drained and rinsed
1 cup corn kernels
1/4 cup tomatoes, chopped
1/8 teaspoon garlic powder
1/8 teaspoon ground cumin
salt and black pepper to taste

Wash your hands and clean your cooking area. Stir black beans, corn, and tomatoes in a mixing bowl. Season with garlic powder, cumin, salt, and black pepper. Serve immediately.

Preparation Time: 15 minutes
Serves: 8

Nutrition Facts Per Serving:
Calories: 60
Total Fat: 0 g
Cholesterol: 0 mg
Sodium: 190 mg
Total Carbohydrate: 13 g
Protein: 4 g

Serve with: baked whole wheat tortilla chips