

Zesty Avocado Black Bean Dip

INGREDIENTS

- 4 medium ripe avocados, divided
- 1-2 Tbsp. lime juice, divided
- 3/4 tsp. salt
- 1/2 tsp. ground cumin
- 1/4 tsp. black pepper
- 3/4 cup no-salt-added canned black beans, drained and rinsed
- 3/4 cup canned whole kernel fire-roasted corn, drained
- 1 small jalapeño, seeded and finely chopped
- optional: 2 Tbsp. cilantro, finely chopped

SERVINGS: 12
TIME: 10 MIN



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PROCEDURE

1. Mash 2 avocados in a medium bowl with a fork. Stir in 1 tablespoon lime juice, salt, cumin, and pepper until combined.
2. Cut the 2 remaining avocados into small chunks. Add to the mashed avocado mixture along with beans, corn, jalapeño, and cilantro; stir until combined. Add more lime juice to taste if desired.
3. Serve immediately with whole-wheat crackers or chips or store in refrigerator for 1-3 days in a sealed container.



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