



Beany Dip *Serving size: ½ cup*

All you need:

- 1 cup Wild Garden hummus
- 1 cup Hy-Vee HealthMarket organic salsa
- 1 cup canned black beans



All you do:

1. Mix hummus, salsa and black beans in a glass bowl and heat in microwave for 1 minute. Stir and serve with baked tortilla chips or Hy-Vee HealthMarket organic tortilla chips (may also serve this dip cold).

Nutrition information per serving: 93 calories, 2.8g fat, 0 g saturated fat, 0g trans, 0 mg cholesterol, 380 mg sodium, 15 g total carbohydrate, 3.7g fiber, 1.5g sugar, 5 g protein.

For questions, contact Meredith Tibbe, registered dietitian, 309-342-1615 or mtibbe@hy-vee.com