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Prevent and Protect
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SMOKY BLACK BEAN DIP

Recipes inspired by Skinny Dips (Chronicle), by Diane Morgan

Ingredients: (makes about 2 ½ cups)

- 1 ½ tablespoons canola oil
- ½ cup thinly sliced green onions, including green tops
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 (15-ounce) cans black beans, drained and rinsed
- ¼ cup lime juice (about 2 limes)
- 2 teaspoons canned chipotle chilies in adobo sauce
- 2 teaspoons coarse salt
- ½ cup reduced-fat sour cream
- 1 small jalapeno chili, seeds and ribs removed, minced
- ½ cup plus 1 tablespoon minced cilantro

Preparation:

1. In a medium sauté pan, heat oil over medium heat. Add onions, coriander, and cumin.
2. Sauté, stirring frequently, until onions are softened, about 2 minutes. Add beans and 1/3 cup of water. Simmer until water evaporates, 5 to 7 minutes. Cool 5 minutes.
3. In the bowl of a food processor fitted with a metal blade, process bean mixture until coarsely mashed. Add lime juice, chipotle chilies, and salt. Process until smooth.
4. Add sour cream, jalapeno, and ½ cup cilantro. Pulse just until cilantro is incorporated. Adjust seasoning, and then transfer to a bowl. Garnish with remaining cilantro and serve immediately.

PER SERVING (serving equals 2 tablespoons): 57 calories; 2 g fat; 3 g protein, 2 gram fiber