



A Nutrition Resource

JICAMA AND BLACK BEAN DIP

Yield: 8 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.43

Ingredients:

- 1 small jicama, peeled and chopped (about 1/2 cup) *
- 1 1/2 cups cooked black beans (or 1 15-ounce can, drained and well-rinsed)
- 1 cup frozen corn, thawed
- 1/2 medium green or red bell pepper, seeded and chopped (about 1/2 cup)
- 1/2 medium onion, diced (about 1/2 cup) (optional)
- 1/3 cup light Italian dressing
- 1/4 teaspoon salt
- Black pepper to taste
- 2 Tablespoons chopped fresh cilantro or 1 teaspoon dried cilantro (optional)

Directions:

- 1) In a large bowl, combine jicama, beans, corn, onion, dressing, and cilantro, if using.
- 2) Stir to coat all vegetables with dressing.
- 3) Add salt (up to 1/4 teaspoon) and black pepper to taste.
- 4) Serve immediately or cover and refrigerate several hours for flavors to blend.

Jicama - Something new to try! This dip tastes fine without jicama, but it adds a nice crunch. This can be served as a snack with whole wheat pita chips or tortilla chips or by itself as a salad.

Nutrition Facts

8 servings per container
Serving size 1/2 cup (110g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 226mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website. <http://tinyurl.com/c59523>.

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