

# Nutrition Education

Dips are often loaded with fat, calories and sodium. For something different, try this dip. They are low in fat, are very nutritious and easy to make.

## Black Bean Dip

1 can (15oz.) black beans, rinsed and drained  
2 cloves garlic  
1 tsp. oregano  
1 tsp. ground cumin  
¼ cup fresh cilantro

Add all the ingredients to a food processor or blender and pulse until smooth. Serve with crackers, raw vegetables, baked chips or tortillas.

