

Black Bean Dip

This crowd-pleasing dip is a snap to make. Add some diced jalapeno peppers or hot sauce if you want it extra spicy.

PREPTIME: 5 min | SERVINGS: 8 | PER SERVING:



Ingredients

15 oz canned black beans, rinsed and drained
1 cup(s) cilantro, fresh, leaves, loosely packed, plus extra for garnish
1/2 cup(s) fat free salsa
1/2 cup(s) plain fat free yogurt
1 tsp ground cumin
1/4 tsp table salt

Instructions

Put all ingredients in a food processor or blender; blend until desired consistency—either chunky or smooth. Spoon dip into a serving bowl and garnish with cilantro. Yields about 1/4 cup of dip per serving.

Notes

This dip will stay fresh for up to one day in the refrigerator. Double the recipe if you're expecting a large crowd.



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