



## Our Favorite Bean Dip

*- from Denise's Kitchen*

### Ingredients:

- 1 (15 oz) can of organic black beans, drained
- 1 (15 oz) can of organic corn, drained
- 1 (15 oz) can of organic Mexican-style diced tomatoes with chiles or jalapenos, partially drained
- 1 cup of organic green onions, diced
- 3/4 cup of organic celery, chopped
- 2 tbsp of light tasting oil (I use grape seed.)
- 2 generous tbsp of ground organic cumin
- Juice of one organic lime
- 1/4 tsp of sea salt or to taste
- 1/4 tsp of black pepper

### Directions:

Combine all ingredients in a medium-sized bowl and serve with Tostitos ORGANIC Scoops. They work best to “scoop” up the dip. ***Our Favorite Bean Dip*** eats like a meal and is a great way to get your kids to eat a few veggies. Our son loves it!