

Zesty Avocado Black Bean Dip

Adapted from: EatingWell.com

Diabetes Friendly

Yields: 12-¼ Cup Servings

Ingredients:

- 4 medium ripe avocados, divided
- 1-2 tablespoons lime juice, divided
- ¾ teaspoon salt
- ½ teaspoon ground cumin
- ¼ teaspoon ground pepper
- ¾ cup no-salt added canned black beans, rinsed
- ¾ cup frozen whole kernel fire-roasted corn, thawed
- 2 tablespoons chopped fresh cilantro

Directions:

1. Mash 2 avocados in a medium bowl with a fork. Stir in 1 tablespoon lime juice, salt, cumin, and pepper, until combined.
2. Cut the remaining 2 avocados into small chunks. Add to the mashed avocado mixture along with beans, corn, jalapeno, and cilantro; stir until combined. Add more lime juice to taste, if desired.

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

<https://wexnermedical.osu.edu/nutrition-services>

Nutrition Facts	
Amount Per Serving	
Calories	137
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.8g	9%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.3g	
Monounsaturated Fat 6.8g	
Cholesterol 1.3mg	0%
Sodium 177mg	8%
Total Carbohydrates 11g	4%
Dietary Fiber 5.8g	21%
Sugars 1.3g	
Protein 2.7g	
Vitamin D 0mcg	0%
Calcium 15mg	1%
Iron 0.8mg	4%
Potassium 409.9mg	9%
Caffeine 0mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

