



Black Bean Blender Dip



1/6 of recipe (about 3 tbsp.): 71 calories, 0.5g total fat (0.5g sat. fat), 307mg sodium, 12g carbs, 3g fiber, 1.5g sugars, 4g protein

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Prep: 5 minutes



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Ingredients

One 15-oz. can black beans, drained and rinsed
1/2 cup salsa
1/4 cup chopped fresh cilantro, or more for topping
1 tsp. lime juice
1/2 tsp. ground cumin
1/4 tsp. garlic powder
2 tbsp. crumbled feta cheese

Directions

Place all ingredients except feta in a blender (or food processor). Puree until mostly smooth and uniform.

Transfer to a medium bowl, and top with feta.

MAKES 6 SERVINGS

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