

# FRESH BEAN & VEGETABLE DIP



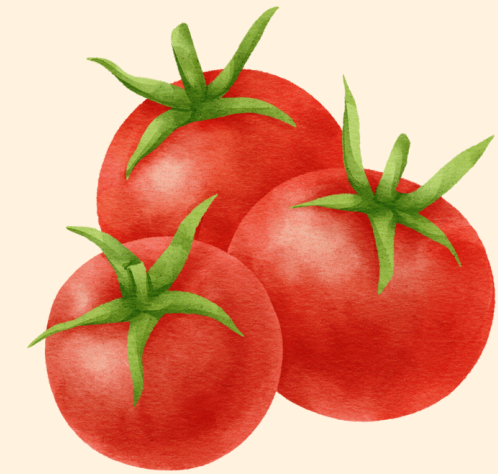
Canned or Frozen Corn  
1 cup



Yellow or White or  
Red Onion  
1 onion, chopped



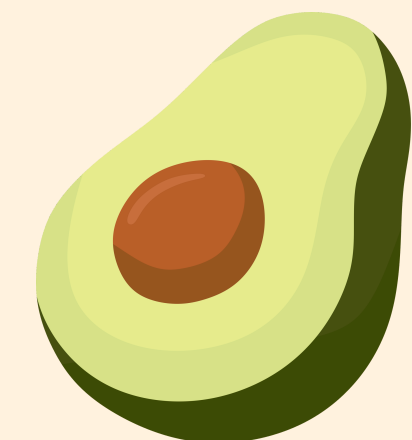
Bell Pepper  
1 pepper, chopped



Tomatoes  
3 tomatoes, chopped



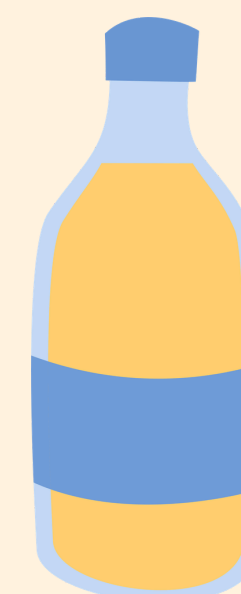
Any Bean  
2 cans ~1,080 mL



Avocado  
2 avocados, chopped

## Dressing

- 1/3 cup olive oil
- 2 tablespoons lime or lemon juice
- 2 tablespoons red wine vinegar
- Spices: 1/2 tsp salt, 1/2 tsp black pepper, 1/4 tsp garlic powder



**Optional Additions: Japapeno, Cilantro**

**1**

Combine chopped vegetables and beans in a large bowl. Stir well until well-combined.

**2**

In a separate bowl, whisk together olive oil, lime/lemon juice, red wine vinegar, and spices.

**3**

Pour dressing over vegetables and beans, mixing well to coat.

**4**

Serve with whole grain tortilla chips, crackers, rice cakes, pita chips, or fresh vegetables for dipping.

**Preparation Time:** 20 minutes

**Servings:** 8

**Nutrition Information per serving (without chips):**

**Calories:** 360 kcal

**Protein:** 13 g

**Carbohydrates:** 40 g

**Fibre:** 14.5 g

**Total Fat:** 18 g

**Saturated Fat:** 3 g

**Sodium:** 490 mg

**Potassium:** 820 mg

**Calcium:** 63 mg

**Iron:** 2 g

**Storage Information:**

Store in an air-tight container in the fridge for 3-4 days.