

Recipe for

AVOCADO BEAN DIP

EQUIPMENT NEEDED medium bowl, cutting board, knife

SERVES 4 ESTIMATED COST \$5.93 COST PER SERVING \$1.48

INGREDIENTS

- 2 ea avocado
- 1 ea 15oz canned white beans (cannellini, great northern, navy), rinsed & drained
- 1 cup fresh spinach, chopped
- 1 lemon, juiced
- 1/2 tsp salt
- ground black pepper, to taste
- 2 tbsp fresh herbs (parsley, cilantro, basil)

METHOD OF PREPARATION

1. In a medium bowl, add the avocado and beans. Smash with a fork until smooth.
2. Add the remaining ingredients and mix well. Taste and adjust seasoning.
3. Use as a spread on toast or as a dip for veggies. Enjoy!

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NUTRITION INFORMATION

Avocado Bean Dip		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	346.9 kcal	17 %
Total Fat	16.1 g	25 %
Saturated Fat	3.1 g	16 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	302.5 mg	13 %
Total Carbohydrate	42.8 g	14 %
Dietary Fiber	21 g	84 %
Sugars	4.4 g	
Protein	13.1 g	26 %
Vitamin A	4 % • Vitamin C	62 %
Calcium	11 % • Iron	18 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Avocado - source of healthy monounsaturated fats that may help reduce cholesterol levels. Avocados are also high in fiber which can support digestive health.



HEALTH BENEFITS

Spinach - rich source of potassium that may help lower blood pressure. Spinach also contains vitamin E which may reduce inflammation in the body.



References:

1. Recipe provided by Reanetta Perkins