



Jicama Black Bean Dip

INGREDIENTS:

- 1 small jicama, peeled and chopped
- 1 can no-salt-added black beans, drained and rinsed (15 ounces)
- 1 cup frozen no-salt-added corn, thawed
- 1/2 medium bell pepper, any color, seeded and chopped (about 1/2 cup)
- 1/2 medium onion, diced (about 1/2 cup)
- 1/3 cup light Italian dressing
- salt and pepper, to taste
- 2 Tablespoons fresh cilantro, chopped, or 1 teaspoon dried (optional)

Makes 10 servings (1/2 cup)

This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income and can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity employer, provider, and educational institution.



ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:

1. Wash all produce before starting.
2. In a large bowl, combine jicama, beans, corn, pepper, onion and dressing. Add cilantro, if using.
3. Toss to evenly coat all the vegetables with dressing. Season with salt and pepper.
4. Serve immediately with crackers or over tacos, or cover and refrigerate several hours to blend the flavors. Enjoy!

Healthy Tip: The jicama can be eliminated from this recipe, but it adds a nice crunch. This can also be served as a salad.

