A-B-C (Avocados, Beans, Cilantro) Dip

Yield: 14 servings, ¼ cup each
Total Time: 10 minutes

Ingredients
4-5 ripe avocados, peeled and sliced
¼ cup finely chopped onion
1 garlic clove, finely minced or 1/8 teaspoon garlic powder
3 tablespoons fresh or bottled lime juice
½ cup chopped fresh tomatoes
1 15-ounce can low sodium black beans, drained and rinsed
2 tablespoons chopped cilantro
1/8 teaspoon salt, or to taste
Optional: fresh vegetables or whole grain crackers

Preparation Instructions
1. Place avocados, onions, garlic and lime juice into a bowl and mash with a potato masher or fork until slightly lumpy.
2. Stir in tomatoes, beans, and cilantro. Add salt.
3. Serve with fresh vegetables or whole grain crackers, as desired.

Nutrition Analysis
Per serving: 110 calories; 8g fat (1g saturated; 0g trans); 0mg cholesterol; 90mg sodium; 10g carbohydrate (5g fiber, 1g sugar); 2g protein.
Vitamin A 2%; Vitamin C 15%; Calcium 2%; Iron 4% Daily Values.

Cost
Per serving: $0.22
Total ingredient cost: $12.91