Salsa, Hummus & Bean Dip

Yield: 2 servings  
Total Time: 10 minutes

Ingredients
- ¼ cup salsa  
- ¼ cup hummus  
- ¼ cup low-sodium beans, rinsed and drained  
- 2 cups sliced vegetables such as carrots, bell pepper, cucumber, or tomato

Preparation Instructions
1. Mix hummus and salsa together in bowl. Add beans and mix to combine.  
2. Enjoy as a dip with vegetables.

Nutrition Analysis
Per serving: 150 calories; 3.5g fat (0g saturated; 0g trans); 0mg cholesterol; 430mg sodium;* 25g carbohydrate (7g dietary fiber, 10g sugar); 6g protein. 
Vitamin A 430%, Vitamin C 30%, Calcium 8%, Iron 15% Daily Value.  

*Sodium will vary with type of beans, hummus, and salsa used.

Cost
Per serving: $1.04  
Total ingredient cost: $6.98