



Snack

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Tasty Taco Dip

Helpful Hints

Drain and rinse black beans before using.

For an easy snack, have veggie dip made and ready to eat in the refrigerator.

Want your kids to choose a healthy snack? Make sure fruits and veggies are in reach.

Tasty Taco Dip

Serves 4

Ingredients

- 1 can black beans, 14 ounces,
drained and rinsed
- 1 can corn, 14 ounces,
drained
- 1 can diced tomatoes and
green chilies, 14 ounces,
drained
- 1 package taco seasoning

For more veggies, add diced onion and bell pepper.

Directions

1. Mix all ingredients together in bowl.
2. Serve with chips or crackers.