

## ZESTY BEAN DIP AND TORTILLA CHIPS

INGREDIENTS	STEPS	TIPS
<ul style="list-style-type: none"> <li>- 6 small whole grain flour or corn tortillas</li> <li>- 4 mL (3/4 tsp) chili powder</li> <li>- 1 can (540 mL/19 oz) black beans, drained and rinsed</li> <li>- 125 mL (1/2 cup) medium or hot salsa</li> <li>- 1 mL (1/4 tsp) grated lime rind</li> <li>- 30 mL (2 tbsp) lime juice</li> <li>- 1 small shallot, minced</li> <li>- 2 mL (1/2 tsp) ground cumin</li> <li>- Pinch fresh ground pepper</li> <li>- 45 mL (3 tbsp) chopped fresh cilantro</li> <li>- 30 mL (2 tbsp) chopped fresh basil (optional)</li> </ul>	<ol style="list-style-type: none"> <li>1. Cut each tortilla into 8 wedges and place in a re-sealable plastic bag. Spray tortillas with cooking spray and sprinkle with chili powder; seal and shake bag to coat tortilla wedges. Place on large baking sheet and bake in preheated 200°C (400°F) oven for about 8 minutes or until golden and crisp.</li> <li>2. Let cool completely before using.</li> <li>3. In a food processor bowl or blender, puree beans, salsa, lime rind and juice, shallot, cumin and pepper until smooth. Scrape into bowl and stir in cilantro and basil, if using.</li> <li>4. Serve with tortilla chips.</li> </ol>	<ul style="list-style-type: none"> <li>✓ If you don't want to use the oven and make your own tortilla chips you can buy store bought ones. Make sure to look for ones with whole grains!</li> <li>✓ Great make-ahead snack. The bean dip can be refrigerated for five days. Store the tortilla chips in a cookie tin at room temperature for up to one week.</li> <li>✓ No time to make the chips? Serve with your family's favourite veggies or whole grain crackers for dipping.</li> <li>✓ Change up the beans and herbs to create different flavours and tastes sensations.</li> <li>✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.</li> </ul>