

Hack Your Snack Pre-Recorded Video

Recipe: Pinto Bean Dip

Ingredients

2 cloves garlic, minced
1 (15 ½ ounce) can low-sodium pinto beans (rinsed and drained)
1/3 bunch fresh cilantro, chopped
¼ cup water
1 Tablespoon canola oil
¼ teaspoon salt
½ teaspoon ground black pepper
Pinch of oregano
3 tablespoons chopped green bell pepper or Jalapeno

On the side

Sliced cucumber and radish

Corn Tortilla Chips:

 Corn tortilla, cut into triangles (6)

 Sprinkle with cumin, chili powder

 Spray with cooking oil

 Bake 400 degrees for 10 minutes

Materials

Can opener

Colander

Cutting board

Measuring cups

Measuring spoons

Medium bowl

Sharp knife

Masher or Fork or Mortar and Pestle

Directions

1. Peel and mince garlic cloves
2. Drain and rinse pinto beans (kids can help here)
3. Rinse and chop cilantro (kids can help here)
4. In a medium bowl, mash beans, oil, and water together until well blended. Then stir in the rest of the ingredients - ground black pepper, oregano, green bell pepper or jalapeno (kids can help here).
5. Transfer dip to a medium bowl, top with cilantro and stir.

Chef's Notes

- Use ½ teaspoon garlic powder in place of minced fresh garlic cloves.
- Use 2 teaspoons dried cilantro in place of chopped fresh cilantro.
- Serve with corn tortilla chips or cut-up fresh veggies.
- Don't like pinto beans? Try this recipe with black beans instead!
- Try different spices and herbs to find flavors you like best.

Family Kitchen Notes

- Bean dips are an easy snack that is full of fiber and protein, helping keep little bellies full longer.
- This is a great recipe because you can use whatever you have in your pantry and whip this up in no time using whatever beans and seasonings you have on hand.

Spicy White Bean Dip

Serves 6, ¼ cup per serving
Prep time: 15 minutes • Cook time: None

Ingredients


2 cloves garlic
1 (15½-ounce) can cannellini beans
½ bunch fresh parsley
¼ cup water
1 Tablespoon canola oil
¼ teaspoon salt
½ teaspoon ground black pepper
Pinch of cayenne pepper





Materials

Can opener • Colander • Cutting board • Measuring cups • Measuring spoons • Medium bowl • Sharp knife

Special Materials
Blender

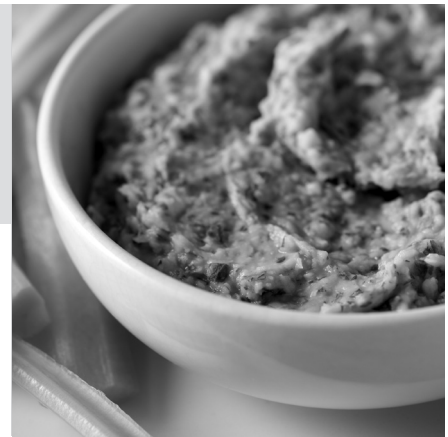
Directions

 = Have kids help with the steps marked with the “little helping hand”!

1. Peel and mince garlic cloves.
-  2. Drain and rinse cannellini beans.
-  3. Rinse and chop parsley.
-  4. In a blender, add garlic, cannellini beans, water, canola oil, salt, ground black pepper, and cayenne pepper. Blend until smooth.
-  5. Transfer dip to medium bowl. Top with parsley and stir.

Chef's Notes

- Use ½ teaspoon garlic powder in place of minced fresh garlic cloves.
- Use 2 teaspoons dried parsley in place of chopped fresh parsley.
- Serve with whole wheat pita bread, tortilla chips, or cut-up fresh veggies.
- Use Great Northern or navy beans instead of cannellini beans.
- For a chunkier dip, or to make without a blender, mash beans, oil and water together with a fork until well blended. Stir in rest of ingredients.



Nutrition Facts

Serving Size 1/4 cup
Servings Per Recipe 6

Amount Per Serving

Calories 100 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **11%**

Sugars 0g

Protein 5g

Vitamin A 6% • Vitamin C 8%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Make Food Fun! – Spicy White Bean Dip

Easy and fast tips for making food fun for kids.



This recipe can work great for babies – just remove the seasonings. You can even make “dots” and freeze extra so kids can pick them up and/or try small bites at a time.

Tips and Tricks:

Bean dips are an easy snack that is full of fiber and protein, helping keep little bellies full longer.

Tips and Tricks:

This is a great pantry staple recipe – you can use what you have in your pantry and whip this up in no time using whatever beans and seasonings you have on hand.

Don't like white beans? Try this recipe with black beans instead!



Use white bean dip as a spread on tortillas, crackers or bread. Extra points for creativity if you use veggies to make a face.

Tips and Tricks:

Try different spices and herbs to find the flavors you like best. This recipe works well with basil, cilantro or even spinach.

Follow-Along Recipe – Spicy White Bean Dip



Drain and rinse the
beans.



Rinse and chop parsley



Peel and chop garlic



Blend...



Add water, oil and
seasoning.



...Enjoy!