

5-Minute Black Bean Dip

NUMBER OF SERVINGS: 6

Ingredients

- Black beans, rinsed and drained 1 can (540 mL)
- Fat-free ranch dressing ½ cup (125 mL)
- Garlic cloves 2
- Ground cumin ½ tsp (2 mL)

Directions

1. Blend all ingredients in a blender or food processor until desired consistency. Add water if needed.

NUTRITION PER SERVING

Calories 144 | Protein 8 g | Fat 1 g | Carbohydrates 27 g | Fibre 6 g | Sodium 188 mg



Pulses, including chick peas and black beans, are high in fibre and can help reduce levels of LDL (bad) cholesterol, which is a risk factor for heart disease.



For a different twist on this recipe, try replacing the ranch dressing with 2-3 Tbsp of lemon juice and use the liquid from the beans.

5-Minute Hummus

NUMBER OF SERVINGS: 6

Ingredients

- Chickpeas, rinsed and drained 1 can (540 mL)
- Reduced-calorie sundried tomato and herb salad dressing ¼ cup (50 mL)
- Water ⅓ cup (75 mL)
- Garlic cloves 2

Directions

1. Blend all ingredients in a blender or food processor until desired consistency. Add more water if needed.

NUTRITION PER SERVING

Calories 159 | Protein 8 g | Fat 4 g | Carbohydrates 25 g | Fibre 4 g | Sodium 86 mg



To add variety, try a different flavour of salad dressing such as greek or roasted red pepper.

Snacks



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