

Warm Pinto Bean Dip

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Servings: 10

2 tablespoons olive oil
4 cloves garlic, chopped
2 tablespoons dried oregano
1/4 cup tomato paste
1 serrano chile, seeded and chopped
2 cans (14 ounce ea) pinto beans, drained and rinsed
2/3 cup sour cream
1 teaspoon salt
1 cup Monterey Jack cheese, shredded
1 serrano chile, seeded and chopped

Preheat the oven to 400 degrees.

In a small skillet over medium heat, heat the olive oil. Add the garlic, oregano, tomato paste and one serrano chile. Cook, stirring, for 2 minutes.

In a food processor, puree' the pinto beans, sour cream and salt until smooth. Add the garlic mixture and pulse to combine.

Spread the bean mixture in a medium-sized baking dish or nine-inch pie plate. Top with Monterey Jack and one serrano chile.

Bake until the cheese is melted, about 25 minutes.

Serve warm with tortilla chips.

Per Serving (excluding unknown items): 240 Calories; 10g Fat (36.2% calories from fat); 12g Protein; 27g Carbohydrate; 10g Dietary Fiber; 17mg Cholesterol; 338mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	240	Vitamin B6 (mg):	.2mg
% Calories from Fat:	36.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	44.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	19.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	10g	Folacin (mcg):	203mcg

Saturated Fat (g): 5g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 17mg
Carbohydrate (g): 27g
Dietary Fiber (g): 10g
Protein (g): 12g
Sodium (mg): 338mg
Potassium (mg): 625mg
Calcium (mg): 169mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 451IU
Vitamin A (r.e.): 90 1/2RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 1
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 240 Calories from Fat: 87

% Daily Values*

Total Fat 10g		15%
Saturated Fat 5g		23%
Cholesterol 17mg		6%
Sodium 338mg		14%
Total Carbohydrates 27g		9%
Dietary Fiber 10g		40%
Protein 12g		
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Vitamin A		9%
Vitamin C		11%
Calcium		17%
Iron		16%

* Percent Daily Values are based on a 2000 calorie diet.