



K-STATE
Research and Extension

Nutritious Fun for a Party

Fiesta Dip

12 servings (3 tablespoons each)

Ingredients:

- ½ cup fat-free refried beans (about ½ of a 16-ounce can)
- ½ cup fat-free sour cream
- 1 tablespoon dry taco seasoning
- ¾ cup picante sauce
- 2 or 3 green onions, chopped
- 1 small tomato, chopped
- ¼ cup sliced black olives, drained
- 1 cup low fat shredded cheese (cheddar or co-jack)



Directions:

1. Spread refried beans in a glass pie plate.
2. Mix sour cream and taco seasoning in a small bowl.
3. Spread sour cream mixture over refried beans.
4. Pour picante sauce on top of sour cream mixture.
5. Sprinkle onions, tomato, black olives and cheese on top.

Nutrition Facts:

One serving (3 tablespoons) provides 45 calories, 10 calories from fat, 1 g total fat, 0.5 g saturated fat, 0 g trans. fat, 5 mg cholesterol, 310 mg sodium, 5 g total carbohydrate, 1 g fiber, 3 g protein, 6% calcium, 2% iron

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition; Susie Bilderback, Extension Program Assistant; and Katie Hamm, former senior in Dietetics • Resources: Adapted from *CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum*, University of California and Flaghouse, Inc., 2002. • <http://www.choosemyplate.gov/> • <http://www.kidscookin.ksu.edu/>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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