Ingredients:

**Chunky Black Bean Dip**
- 1 bunch of celery
- 1 can (15-ounce) black beans, rinsed, drained
- 1 small onion, diced
- 1 small bell pepper, diced
- 1 medium tomato, diced
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon cider vinegar

**Lemony Garbanzo Bean Dip**
- 1 can (15-ounce) garbanzo beans, rinsed, drained
- 1/2 cup low-fat sour cream
- 2 tablespoons lemon juice
- 1 tablespoon oil
- 1/2 teaspoon cumin
- 1 teaspoon hot sauce
- 2 cloves garlic, minced
- 2 tablespoons or more cilantro, chopped

**Directions:**

1. For a smooth dip, place ingredients in a food processor or blender and process until smooth OR for a chunky dip, mash beans or peas well with a fork or potato masher, stir in remaining ingredients. Add additional liquid as needed for desired consistency.
2. Add salt and pepper to taste.
3. Wash, divide and cut celery into serving size pieces. Serve with dip.
4. Refrigerate leftovers within 2 hours.

Visit [FoodHero.org](http://FoodHero.org) for more healthy recipes.

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Source: Oregon State University Extension Service.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211.

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