



Celery with Quick and Easy Bean Dips



Garden Enhanced Nutrition Education

Ingredients:

1 bunch of **celery**

Chunky Black Bean Dip

- 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

Servings: 24
Serving size: 2 Tbs.

Nutrition information (per serving):

Calories: 15
Total Fat: 0g
(Saturated Fat: 0g)
Cholesterol: 5mg
Dietary Fiber: 1g
Sodium: 75mg

Servings: 16
Serving size: 2 Tbs.

Nutrition information (per serving):

Calories: 40
Total Fat: 2g
(Saturated Fat: 0.5g)
Cholesterol: 5mg
Dietary Fiber: 1g
Sodium: 45mg

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 for more healthy recipes



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. USDA is an equal opportunity provider and employer.

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