

Ole Frijoles Dip

Wash hands and surfaces

Wash lid of refried beans, open with a clean can opener.

In a bowl: place 1 cup low-fat refried beans
Measure ¼ cup taco sauce,
add to beans

Grate 1/3 cup cheddar cheese

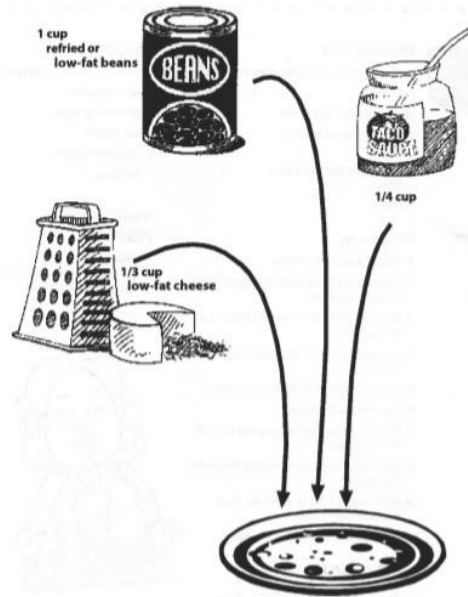
Stir gently until mixed.

Heat in microwave until cheese melts
(try 15 seconds – 1 minute)

Beware: Stir microwaved food for hot spots!

When cooled, serve with carrots, celery, or corn chips.

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