

Spooky Spider Web Bean Dip

(Makes 10-12 servings)



- 2 cans black beans, drained
 - 1 large clove of garlic, minced
 - 1 ½ teaspoons ground cumin
 - 1 big handful of cilantro leaves
 - ¼ cup full-fat sour cream
 - ½ a jalapeno pepper, seeded and chopped
 - Juice of half a lime
 - Salt and pepper, to taste
 - And additional ¼ cup sour cream for making the spider web topping
1. Place ingredients in the bowl of a food processor and puree until smooth.
 2. Scoop bean dip into a round bowl.
 3. In a small Ziploc bag, place the additional sour cream. Making sure it is all pushed toward one corner, and seal bag squeezing out as much air as possible. Cut the corner off of the bottom of the bag and pipe the sour cream in concentric circles on top of the bean dip. Start with a small circle in the middle and make bigger circles around it until you reach the edge of the bowl. Take a knife, start in the center, and drag it out toward the edge of the bowl across the sour cream and repeat to make the web. Place a plastic spider in the center for decoration.
 4. Serve with sliced cucumbers and sliced peppers for dipping.

Nutrition Facts	
Serving Size 69 g	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 2.8g	4%
Saturated Fat 1.4g	7%
Cholesterol 4mg	1%
Sodium 38mg	2%
Potassium 776mg	22%
Total Carbohydrates 31.4g	10%
Dietary Fiber 7.6g	30%
Sugars 1.2g	
Protein 11.0g	
Vitamin A 10%	• Vitamin C 5%
Calcium 8%	• Iron 15%
Nutrition Grade A	
* Based on a 2000 calorie diet	