

Baja Beans

Dip or Filling

- Serve with tortilla chips or make nachos.
- Use the filling for tacos, quesadillas, or burritos, or serve as a dip.
- Make a taco salad and serve over salad greens and tortilla chips with salsa as dressing.
- Choose low-sodium canned goods to keep this recipe heart healthy.
- Tomatoes are rich in powerful antioxidants like vitamin C, potassium, folate, and vitamin K.

Nutrition Facts	
12 servings per container	
Serving size	1/3 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 1mg	6%
Potassium 315mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Baja Beans Dip or Filling

Servings: 12 (1/3 cup + tortilla)

Prep Time: 20 minutes



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Ingredients:

- 2 cans (15oz.) low-sodium tomatoes, drained, diced or whole (chop if whole)
- 1 can (15oz.) no-fat, low-sodium refried beans
- 1 can (15oz.) low-sodium corn, drained and rinsed
- 2 Tablespoons chili powder
- 1 teaspoon ground cumin
- 1 1/2 cup low-fat cheddar cheese, shredded
- 1/2 bunch cilantro, chopped fine

Directions:

1. Preheat oven to 350 degrees.
2. In a skillet, combine 1 can of tomatoes, refried beans, 1 cup of corn, chili powder, and cumin.
3. Cook over medium heat, stirring occasionally until hot.
4. Spoon heated mixture into an 8x8 baking dish.
5. Top with the remaining corn and tomatoes and sprinkle with cheese.
6. Bake for 5-10 minutes, or until the cheese is melted.
7. Garnish with fresh cilantro (optional).

Recipe Credit:

USDA Mixing Bowl