

# Tortilla Chips and Bean Dip

Yield: 4 servings

## Ingredients

- 4 corn tortillas
- 1 can kidney beans (16 ounce)
- 1/4 cup salsa
- 1/4 cup sour cream, non-fat
- 1/2 cup cheddar cheese (shredded)
- 1 cup lettuce (shredded)

## Instructions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

### Create-a-Flavor Changes

- Use Monterey Jack or another cheese.
- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

## Nutrition Facts

Serving Size 1/4 of recipe (200g)  
Servings Per Container 4

Amount Per Serving			
Calories	240	Calories from Fat	70
		% Daily Value*	
<b>Total Fat</b>	8g		<b>12%</b>
Saturated Fat	5g		<b>25%</b>
Trans Fat	0g		
<b>Cholesterol</b>	25mg		<b>8%</b>
<b>Sodium</b>	450mg		<b>19%</b>
<b>Total Carbohydrate</b>	30g		<b>10%</b>
Dietary Fiber	8g		<b>32%</b>
Sugars	4g		
<b>Protein</b>	11g		
Vitamin A	6%	• Vitamin C	4%
Calcium	15%	• Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Source

Cornell Cooperative Extension,  
Division of Nutritional Sciences,  
Cooking Up Fun - A Pyramid of  
Snacks