



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Spider Web Chipotle Black Bean Dip

Serves 6 / Serving Size ¼ cup

Ingredients:

- 1, 15-ounce can of black beans (drained and rinsed)
- 2 TBSP olive oil
- ½ medium onion (diced)
- 1 clove garlic (minced)
- ¼ tsp ground cumin
- 1/8 tsp ground coriander
- 2 TBSP fresh cilantro (coarsely chopped, plus more for garnish)
- 1 TBSP fresh lime juice
- 1 TBSP water
- 2 tsp chipotle pepper (minced, seeded)
- ¼ tsp salt
- 1/8 tsp ground black pepper
- Optional: 6 ounces plain Greek yogurt for drawing the spider web



Directions:

1. Heat one tablespoon of the oil in a skillet over a medium heat. Add the onions and cook until they soften, about 3 minutes. Stir in the garlic, cumin and coriander and cook for 30 seconds more. Set aside to cool slightly.
2. Put the beans, cilantro, lime juice, water, chipotle pepper, salt and pepper, the onion mixture and the remaining tablespoon of oil in the bowl of a food processor and process until smooth.
3. Transfer dip to a serving bowl. Serve with whole grain chips and fresh cut vegetables.
4. Optional: Fill a plastic bag with plain Greek yogurt, snip the bottom corner of the bag, and pipe a spider web over the dip.

Nutrition Tips:

1. Black beans are a great way to add fiber and plant-based protein to a traditional brownie recipe. The bland flavor of black beans allows them to take on the flavor of other recipe ingredients such as cocoa powder, chocolate chips, and vanilla extract. Beans also give these brownies a smooth consistency.
2. Salt (sodium) and sugar are often added to help preserve canned foods. If purchasing canned beans, try to find one that is labeled “no added salt” or “low sodium” (<140 mg sodium per serving). Rinsing canned beans well can eliminate up to 40% of the sodium content.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.

www.homebase.org