



## ON THE MENU: HERBS

### Monday's Taste Test!

# Black Bean & Avocado Dip

**Makes:** 10 servings

**Recommended serving size:** 1/2 cup

#### Ingredients:

- 1 (15.5 oz) can black beans, rinsed and drained
- 1 (11 oz) canned corn, rinsed and drained
- 1 large tomato, seeded then chopped
- 1 large avocado, chopped
- 1/4 cup fresh cilantro, chopped
- 1 lime, zested and juiced
- Salt & pepper to taste

#### Directions:

1. Combine black beans, corn, tomato, avocado, cilantro, lime zest and juice, salt and pepper in a large bowl.
2. Mix well and serve chilled.

#### Nutrition information per serving (1/2 cup):

**120** calories, **16** grams carbohydrates,  
**4** grams protein, **3.5** grams fat, **3** grams fiber,  
**1.5** grams sugar, **89**mg sodium

### Tuesday's Taste Test!

# Cucumber & Dill Dip

**Makes:** 6 servings

**Recommended serving size:** 1/2 cup

#### Ingredients:

- 2 cups fat-free plain Greek yogurt
- 1/2 cup fat-free sour cream
- 2 small cucumbers, seeded and chopped
- 1/4 cup fresh dill, chopped

#### Directions:

1. Scrap the seeds out of the cucumbers.
2. Put the cucumber and dill into a blender and blend until chunky.
3. Combine cucumber and dill blend with Greek yogurt and sour cream.
4. Stir until creamy. Serve chilled.

#### Nutrition information per serving (1/2 cup):

**36** calories, **5** grams carbohydrates,  
**5** grams protein, **0** grams fat, **0.2** gram fiber,  
**2** grams sugar, **29** mg sodium