

RANCHERO DIP WITH VEGETABLE STICKS & Baked Chips



Servings: **8**

Serving Size: $\frac{1}{2}$ cup vegetables + $\frac{1}{4}$ cup dip + $\frac{1}{4}$ cup baked chips

Prep Time: **5** minutes

What You Need

- 1 (15-ounce) can lowfat or vegetarian refried beans
- $\frac{1}{3}$ cup salsa or pico de gallo
- 2 tablespoons light sour cream
- $\frac{1}{4}$ teaspoon hot sauce (optional)
- 4 cups vegetable sticks, such as carrots, celery, cucumber, zucchini, and bell pepper
- 2 cups baked tortilla chips

Get Cookin'

- 1.** Carefully open can of beans. Spoon beans into a medium bowl.
- 2.** Add salsa, sour cream, and hot sauce (optional) to beans. Stir well.
- 3.** Place a small bowl in the middle of a plate. Put vegetable sticks and baked chips around the bowl.
- 4.** Spoon bean dip into bowl at center of plate. Serve right away.

Tip

Be careful when using a knife. See "Cooking How To's" for tips on using a knife.