

# Zingy Bean Dip

This dip is very good with chips, vegetables, or crackers. See directions below on how to peel and seed a tomato. This recipe is from *The New Moosewood Cookbook* by Mollie Katzen. Yields 2 cups.

2 cups	cooked pinto beans (15oz. can)
2 tbsp.	fresh lime juice
1 medium	tomato, peeled and seeded (see below)
1-2 medium	medium cloves garlic, minced
handful	parsley
handful	cilantro
3/4 tsp.	cumin
1	scallion, minced (optional)
1/4-1/2 tsp.	salt (optional)

Be sure to rinse and drain pinto beans well before you begin. Whip everything all together in a food processor or blender.

**\*To peel and seed a tomato:** Drop into a pan of boiling water for 10 seconds. Remove it, and peel off the skin. Cut the tomato open, squeeze out and discard the seeds. Chop the remaining pulp.

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# Shopping List

Zingy Bean Dip

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
cooked pinto beans	2 cups	_____
fresh lime juice	2 tbsp.	_____
tomato	1 medium	_____
garlic	1-2 medium	_____
parsley	handful	_____
cilantro	handful	_____
cumin	3/4 tsp.	_____
scallion	1	_____
salt	1/4-1/2 tsp.	_____

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