

Buy 1, Get 1 FREE

Purchase a snack or beverage up to \$2.00 in value from the SNACZ Zone and choose another snack of equal or lesser value for FREE

SNACZ Zones are located at:

- ❁ Dollar's Corner—Cove ❁ Elgin Corner Market ❁ Elgin Food Town
- ❁ Summerville Store ❁ Union Market ❁ C & J's Country Store—North Powder

For more information contact: David Melville, SNACZ Coordinator at 541-963-1010



Coupon must be redeemed by December 31st, 2016

Want to try healthier options for holiday snacking?

<https://www.foodhero.org>



Chunky Black Bean Dip

Ingredients

- * 1 can (15 ounces) black beans, rinsed, drained
- * 1 small onion, diced
- * 1 small bell pepper, diced
- * 1 medium tomato, diced
- * 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- * 1 teaspoon cumin
- * 1 teaspoon chili powder
- * 1 Tablespoon apple cider vinegar

Directions

For a smooth dip, place ingredients in a food processor or blender and process until smooth OR For a chunky dip, mash beans well with a fork or potato masher, stir in remaining ingredients. Add additional liquid as needed for desired consistency. Add salt and pepper to taste.

Refrigerate leftovers within 2 hours.

Notes

Serve with fresh vegetables or Food Hero Baked Tortilla Chips.

Nutrition Facts

Serving Size 2 tablespoons (33g)
Servings Per Container 24

Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	3g	1%
Dietary Fiber	1g	4%
Sugars	1g	

Protein 1g

Vitamin A 2%	•	Vitamin C 10%
Calcium 0%	•	Iron 2%

*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

