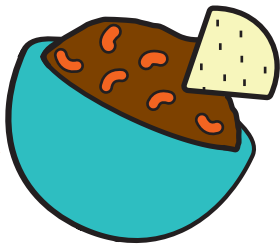


KiK it UP!

Level A - Lesson 6

Mexican Bean Dip



INGREDIENTS

1. 1 (15-ounce) can nonfat or fat-free refried beans
2. 1/2 cup mild salsa
3. 6 ounces baked tortilla chips

Makes 6 servings

EQUIPMENT

- Plate
- Medium bowl
- Large spoon

DIRECTIONS

1. Wash hands and surfaces.
2. Mix refried beans and salsa in medium bowl.
3. Serve the dip with chips.
4. Refrigerate leftovers immediately.

