



Chipotle Black Bean Dip with Homemade Chips

6 (6-inch) corn or flour tortillas
Cooking spray
1/8 tsp. salt
1 tsp. olive oil
1 cup chopped onion
1 tsp. cumin seeds
1 garlic clove, minced
1/4 tsp. dried oregano
1 (15-ounce) can black beans, undrained
1/4 cup (about 1 ounce) shredded part-skim mozzarella cheese
2 tbl. crumbled queso fresco
1/3 cup canned no-salt-added diced tomatoes, undrained
1 chipotle chile, canned in adobo sauce
2 tbl. chopped fresh cilantro

1. Preheat oven to 400°.
2. Cut each tortilla into 6 wedges. Arrange wedges in a single layer on a large baking sheet coated with cooking spray. Sprinkle with salt (optional). Bake at 400° for 10 minutes or until golden brown and crisp, stirring occasionally.
3. Heat oil in a medium saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Add cumin and garlic; cook 1 minute. Add oregano and beans; bring to a boil. Mash with a potato masher. Reduce heat, and simmer 10 minutes or until thickened, stirring occasionally.
4. Spoon bean mixture into a 3-cup gratin dish coated with cooking spray. Top with cheeses. Bake at 400° for 12 minutes or until hot and bubbly.
5. Combine tomatoes and chile in a mini food processor; process until smooth. Spoon tomato mixture over bean mixture. Sprinkle with cilantro.

Yields 6 servings (serving size: about 1/4 cup bean mixture and 6 tortilla chips)

Nutritional Information

CALORIES 142(22% from fat); FAT 3.5g (sat 1g,mono 1.1g,poly 0.5g); IRON 1.6mg;
CHOLESTEROL 4mg; CALCIUM 128mg; CARBOHYDRATE 27.7g; SODIUM 502mg; PROTEIN
6.6g; FIBER 6g

Suggested wine to pair with appetizer is a [Peachy Canyon Winery](#) Incredible Red.

Recipe found in [Cooking Light Magazine](#) Sept 08 issue