

Baked Taco Dip

Diabetes Friendly

Items Needed: spatula, baking dish, small mixing bowl, aluminum foil

Serves: 12

Ingredients:

- 1 can of vegetarian low fat refried beans
- 1 can of black beans
- 2 cups butternut squash (cooked)
- 2 cups salsa of your preference (mild, hot, etc.)
- 1 cup of sour cream
- 2 cups of cheddar cheese
- 2 Tbsp low sodium taco seasoning



Directions:

1. Preheat your oven to 375 degrees.
2. Spray a 9x13 baking dish with pan spray. Scoop out the refried beans and spread evenly in the dish.
3. Drain and Rinse black beans, sprinkle on top of the refried beans along with the butternut squash. You can mash this up or leave diced. Up to you.
4. Pour the salsa layer next and use your spatula to spread evenly.
5. In a small bowl, mix the taco seasoning with the sour cream. Once incorporated evenly, use the spatula to spread an even layer of sour cream over the salsa (it is okay if they mix into each other a little bit.)
6. Top with cheese.
7. Cover dish with aluminum foil and bake in the oven for 20-25 minutes or until the dip is bubbly throughout. Remove foil and finish baking for 5-7 minutes or until the cheese is golden.
8. Remove and let cool for 10 minutes before enjoying.

Nutrition Information (per serving):

Calories: 192 Fat: 10 g Carbs: 11.5 g Protein: 8.8 g Fiber: 6.3 g Sodium: 342 mg

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