Zesty Avocado Black Bean Dip

Adapted from: EatingWell.com

Diabetes Friendly
Yields: 12-¼ Cup Servings

Ingredients:
4 medium ripe avocados, divided
1-2 tablespoons lime juice, divided
¾ teaspoon salt
½ teaspoon ground cumin
¼ teaspoon ground pepper
¾ cup no-salt added canned black beans, rinsed
¾ cup frozen whole kernel fire-roasted corn, thawed
2 tablespoons chopped fresh cilantro

Directions:
1. Mash 2 avocados in a medium bowl with a fork. Stir in 1 tablespoon lime juice, salt, cumin, and pepper, until combined.
2. Cut the remaining 2 avocados into small chunks. Add to the mashed avocado mixture along with beans, corn, jalapeno, and cilantro; stir until combined. Add more lime juice to taste, if desired.

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