

# Tasty Taco Dip Serves 4

## Ingredients

- 1 can black beans,
  - 14 ounces, drained
  - 1 can corn, 14 ounces, drained
  - 1 can diced tomatoes & green chilies, 14 ounces, drained
  - 1 package taco seasoning
- For more veggies, add diced onion and bell pepper.

## Directions

Mix all ingredients together in a bowl.  
Serve with chips or crackers.

## Helpful Hints

- Drain and rinse black beans before using.
- For an easy snack, have veggie dip made and ready to eat in the refrigerator.
- Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

