

'What's Cooking!' Recipe Cards

CHILLIE BEAN DIP & NACHOS

**Food Fact:-**

Like most beans, kidney beans are rich in the best sort of fiber - soluble fiber - which helps to eliminate cholesterol from the body.

They are a good source of folate, potassium, iron, manganese, copper and zinc. As a high-potassium, low-sodium food they help reduce blood pressure.

Not only are they low in fat, but when combined with grains, beans supply high quality protein which provides a healthy alternative to meat or other animal protein. Kidney beans also contain protease inhibitors which frustrate the development of cancerous cells.

Preparation time 6 mins

Serves 4

Cooking time 2 mins



CHILLIE BEAN DIP & NACHOS

Ingredients

1. Mash the kidney beans with a potato masher or fork in a bowl. Work in the onion, chili powder and tomato puree. Season with pepper.
2. Spread a little of the bean mixture on each tortilla chip rice cake etc. Arrange them on a large shallow dish that will fit in the microwave, around the edges of the dish rather than in the centre.
3. Sprinkle liberally with the cheese and microwave on High (100 per cent power) for 2 minutes until the cheese has just melted.

Serve straight away.

1 x 225 g/8oz small can of red kidney beans

1 tsp (dried minced) onion

A good pinch of chili powder (or to taste)

1 tsp tomato puree (paste)

Grated cheese

Spread on:

plain corn tortilla chips, flour tortillas, rice cakes, pitta bread