



# Celery with Quick and Easy Bean Dips



Garden Enhanced Nutrition Education

## Ingredients:

1 bunch of **celery**

### Chunky Black Bean Dip

- 1 can (15 ounces) **black beans**, rinsed, drained
- 1 small **onion**, diced
- 1 small **bell pepper**, diced
- 1 medium **tomato**, diced
- 1 clove **garlic**, minced or 1/4 teaspoon garlic powder
- 1 teaspoon **cumin**
- 1 teaspoon **chili powder**
- 1 Tablespoon **cider vinegar**

### Lemony Garbanzo Bean Dip

- 1 can (15 ounces) **garbanzo beans**, rinsed, drained
- 1/2 cup low-fat **sour cream** or plain yogurt
- 2 Tablespoons **lemon juice**
- 1 Tablespoon **vegetable oil**
- 1/2 teaspoon **cumin**
- 1 teaspoon **hot sauce**
- 2 cloves **garlic**, minced or 1/2 teaspoon garlic powder
- 2 Tablespoons or more chopped **cilantro**



**Servings: 24**  
**Serving size: 2 Tbs.**

#### Nutrition information (per serving):

Calories: 15  
 Total Fat: 0g  
 (Saturated Fat: 0g)  
 Cholesterol: 0mg  
 Dietary Fiber: 1g  
 Sodium: 75mg

**Servings: 16**  
**Serving size: 2 Tbs.**

#### Nutrition information (per serving):

Calories: 40  
 Total Fat: 2g  
 (Saturated Fat: 0.5g)  
 Cholesterol: 5mg  
 Dietary Fiber: 0g  
 Sodium: 45mg

## Directions:

1. Wash hands with soap and water.
2. For a smooth dip, place ingredients in a food processor or blender and process until smooth OR for a chunky dip, mash beans or peas with a fork or potato masher and stir in remaining ingredients. Add additional liquid as needed for the thickness you want.
3. Rinse, divide and cut celery into serving size pieces. Serve with dip.
4. Refrigerate leftovers within 2 hours.

Visit [FoodHero.org](http://FoodHero.org) for easy, tasty recipes.



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