

Halloween Black Bean Dip by Lynn's Recipes



Lynn demonstrates how to make a delicious, healthy black bean dip perfect for Halloween or any time of the year. Pipe a spider web design on this dip and it would be great for a party. This recipe comes from Ellie Krieger.

For the dip:

Ingredients:

- 1 Tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 Tablespoons seeded and minced jalapeno pepper
- 2 (15 ounce) cans black beans, drained and rinsed (I used low sodium)
- ¼ cup fresh lime juice
- ½ teaspoon ground cumin
- 2 Tablespoons water
- ½ teaspoon salt
- ¼ teaspoon ground black pepper, or to taste

For the spider web garnish:

- ¼ cup reduced-fat sour cream
- 1 teaspoon fresh lime juice
- 1 small plastic spider (optional, for decoration)

Tortilla chips, for serving

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Heat the oil in a medium skillet over medium-high heat. Add the onion and cook, stirring, until softened, about 5 minutes. Stir in the garlic and jalapeno and cook for 1 minute.

Place the beans in a food processor. Add the onion mixture and the remaining ingredients and process until smooth. Spread the dip into a wide, shallow, serving dish.

To make the spider web garnish, stir the sour cream and lime juice together in a small bowl. Place it into a plastic bag and snip a small hole in the corner of the bag. Pipe the sour cream mixture onto the dip in the shape of a spider web. Place the plastic spider on top. Serve with chips.

8 servings

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