

# Jicama & Black Bean Dip

★ SNACK IDEA: Jicama & black bean dip and tortilla chips

## Ingredients:

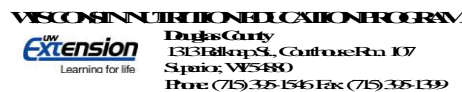
1 small jicama, peeled and chopped (about ½ cup)\*  
1 15-ounce can black beans, drained and rinsed  
1 cup frozen corn, thawed  
½ medium green or red bell pepper, seeded and chopped (about ½ cup)  
½ medium onion, diced (about ½ cup)  
1/3 cup light Italian dressing  
Salt and black pepper  
*Optional: 2 tablespoons chopped fresh cilantro or 1 teaspoon dried cilantro*

## Directions:

1. In large bowl, combine jicama, beans, corn, pepper, onion, and dressing. If desired, add cilantro
2. Stir to coat all vegetables with dressing. Add salt and pepper to taste.
3. Serve immediately or cover and refrigerate several hours for flavors to blend.

\*Jicama – something new to try! This dip tastes fine without jicama, but it adds a nice crunch. This also can be served as a salad.

©Iowa State University Extension



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 715-395-1304 or go to [www.access.wisconsin.gov](http://www.access.wisconsin.gov)