

# Pinto Bean Dip

The third graders have been studying edible seeds and our featured seeds were beans and corn. We made the pinto bean dip recipe below and tasted it with blue corn chips. The kids loved it (even those kids who said they don't like hummus).

## **Pinto Bean Dip**

- 2 cans pinto beans
- 2 teaspoons olive oil
- 1 teaspoon salt
- juice from 1 lime
- ½ teaspoon cumin
- 1 garlic clove

Add all ingredients to food processor. Mix until dip is smooth. Eat with corn chips. Enjoy!