Opposing-Sides Two-Bean Dip

Cooking Light
By: Text: Holley Grainger, M.S., R.D.

Yield:
12 servings (serving size: about 3 tablespoons dip and 4 chips)

Ingredients
1 (16-ounce) can Great Northern beans, drained
1/2 cup chopped onion, divided
3 tablespoons grated Parmesan cheese
1/2 teaspoon salt, divided
1/2 teaspoon black pepper, divided
2 small garlic cloves, divided
1 (15-ounce) can black beans, drained
1 (4.5-ounce) can chopped green chiles, drained
1/4 teaspoon ground cumin
1/2 cup (2 ounces) finely shredded reduced-fat cheddar cheese
1/4 cup sliced green onion tops
Garlic Pita Chips

Preparation
• Combine the Great Northern beans, 1/4 cup chopped onion, Parmesan cheese, 1/4 teaspoon salt, 1/4 teaspoon pepper, and 1 garlic clove in a food processor; process until smooth. Spoon white bean mixture into a bowl on one side; set aside.
• Combine the black beans, 1/4 cup chopped onion, 1/4 teaspoon salt, 1/4 teaspoon pepper, 1 garlic clove, chiles, and cumin in a food processor; process until smooth. Spoon black bean mixture into other side of bowl containing white bean mixture.
• Sprinkle cheddar cheese and green onions between 2 bean dips. Serve with Garlic Pita Chips.

Suggestions by reviewers:
• Served them with herbed pita chips
• Diluted it with some lemon juice and then a little water
• It's super easy to make. Good dip- needs some extra flourish. I suggest fresh squeezed lemon for both dips and a few shakes of cayenne pepper for the
black bean dip. I also put the finished dish in the oven to melt the cheese—much tastier!