



# Celery with Quick and Easy Bean Dips



Garden Enhanced Nutrition Education

## Ingredients:

1 bunch of **celery**

### Chunky Black Bean Dip

- 1 can (15-ounce) **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**



**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

### Lemony Garbanzo Bean Dip

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

## Directions:

1. 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 well with a fork or potato masher; stir in remaining ingredients. Add additional liquid as needed for desired consistency.
2. Add salt and pepper to taste.
3. Wash, divide and cut celery into serving size pieces. Serve with dip.
4. Refrigerate leftovers within 2 hours.

Visit [FoodHero.org](https://www.foodhero.org) for easy, tasty recipes.



Oregon State University  
Extension Service

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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