

Oklahoma Bean Dip

Hands-on - 12 min.

Serves 48

My thanks to Gloria Edwards for this tasty recipe that has become a regular at our family get-togethers. Great with *Baked Tostitos*, rolled up in a flour tortilla or stuffed into a pita pocket for a quick sandwich. For a real change, try this served on top of tossed salad. You won't need dressing, since it's already in!

1 can (14 oz) black-eyed peas
2 cans (15½ oz each) garbanzo beans

2 or more hours before serving:
Drain and rinse. Place in medium bowl.

2 med tomatoes
4 green onions
1 tsp chopped garlic (2 cloves)
2 jalapeno peppers (opt)
1/2 cup fresh parsley

Chop and add to beans.



1 bottle (8 oz) fat-free or lite Italian dressing
1 tsp oregano

Add to mixture and mix well.
Refrigerate for 2 hours or more before serving.
This will keep for 5 days in your refrigerator.

1 lg bag baked tortilla chips (*Tostitos*)

Just before serving:
Toss beans gently and serve with chips.

Nutrition information for approximately 2 T dip with 5 baked tortilla chips

Calories	68	Fat	<1 g	Fiber	2 g	Sodium	194 mg	Total Carbohydrate	13 g
Calories from Fat	7%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	2 g	Sugars	<1 g