

## **Black Bean Dip with Pumpkin**

Here is a super-healthy and delicious dip, great with tortilla chips or raw vegetables. Perfect for fall parties! The pumpkin adds silkiness to the texture, as well as a good amount of Vitamin A.

1 and ½ teaspoons canola oil  
1 jalapeno chile, seeds and membranes removed, minced (wear gloves)  
¼ cup diced green pepper  
½ cup diced onion  
2 cloves, garlic, minced  
1 can (15 oz.) black beans, drained and rinsed, about 1 ½ cups  
½ cup canned pumpkin  
2 tablespoons fresh lime juice  
½ teaspoon ground cumin  
½ teaspoon salt  
2 tablespoons water  
½ cup cilantro, chopped, plus a sprig for garnish

Method: Heat oil in small skillet. Sauté both peppers and onion for a few minutes until starting to soften, add garlic and continue to cook until vegetables are tender. Place beans, pumpkin, lime juice, cumin, salt, water, and chopped cilantro in bowl of food processor. Pulse until blended, but not completely smooth. Add sautéed vegetables and pulse again until blended, but leave a little chunky. Makes about 2 cups. Nutrition information for 2 tablespoons: 30 calories, ½ gm fat, 0 cholesterol, 125 mg. sodium, 5 gm carbs, 2 gm fiber and 2 gm protein, as well as a good source of Vitamin A. (Recipe adapted from “Pumpkin, A Super Food for all 12 Months of the Year”, by DeeDee Stovel.