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Healthy Corn Dip

Ingredients

¼ cup olive oil

⅓ cup balsamic vinegar

3 (11-ounce) cans Shoepeg white corn*, un-drained

1 (15-ounce) can black beans, drained

1 large red pepper, chopped

1 large green pepper, chopped

1 large red onion, chopped

¼ cup fresh cilantro, chopped

Makes 32 servings

Instructions

1. In a large bowl add all ingredients, mix well.
2. For best results prepare the day before, storing in the refrigerator. If desired set out at room temperature for 1 hour before serving, allowing dip to temper.

Notes:

- Serve with lettuce, celery sticks, tossed salad, tortilla chips, etc.
- Fresh cooked corn* may be used when in season.

Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 32

Amount Per Serving

Calories 60	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 125mg	**5%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 2g	

Vitamin A 4% • Vitamin C 25%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

30% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. January 2010

Eat Smart New York
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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

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