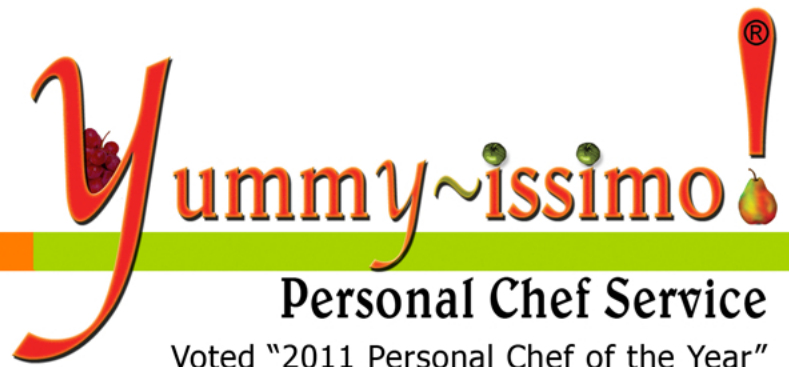


My Favorite Black Bean Dip



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

This isn't your "normal" black bean dip. If you don't like goat cheese, substitute feta cheese or herbed cream cheese.

Serves 8

2 ~ 14.5oz cans black beans, do not drain	1T lime zest
1/2 yellow onion, diced	12oz herbed goat cheese, crumbled
2T garlic, finely minced	1 ~ 14.5oz can diced tomatoes, drained well
1t cumin	4 green onions, thinly sliced
1t cayenne pepper	1/4c cilantro, chopped

Preheat oven to 400. Mix together black beans, diced onion, garlic, cumin, cayenne and lime zest. Let sit at room temperature 30 minutes to allow flavors to mingle.

Spray baking dish with non~stick cooking spray. Place 1/3 of the bean mixture in bottom of baking dish. Top with 1/2 of the crumbled goat cheese, then 1/2 of the tomatoes. Repeat layering, ending with a top layer of black beans.

Top with green onions and cilantro. Bake 20~25 minutes. Cover with foil if the top turns too brown. Serve hot or at room temperature.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

Debbie Spangler ~ Certified Personal Chef

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