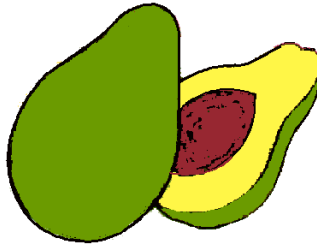


Creamy Avocado-Black Bean Dip



1/2 cup chopped avocados

1/2 cup Sour cream

3 Tablespoons fresh lime juice

1/4 teaspoon ground cumin

1/4 teaspoon salt

1 can (19oz.) black beans, rinsed

1 package (10 oz.) frozen corn, thawed

1 tomato chopped

2 Tablespoons chopped cilantro

MASH avocados in large bowl; stir in sour cream, lime juice, cumin and salt. **ADD** all remaining ingredients; mix well **REFRIGERATE** 15 min. Serve with crackers

Can make ahead of time; just press a piece of plastic wrap directly on the surface of the dip, then refrigerate up to 24 hours. Stir well before serving. Prep time: 15 minutes.