

## Available Now...

### *Beans*

Colorado is nationally recognized for its production of dry beans. The state produces a wide range of varieties including pinto, light red kidney and yellow.

In 2004, Colorado ranked seventh nationally in dry bean production with nearly 104 million pounds, valued at \$28.3 million.

Beans are high in protein and dietary fiber and low in fat, calories and sodium.

Look for Colorado beans at your local grocery store or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit  
[www.coloradoagriculture.com](http://www.coloradoagriculture.com)  
for a complete list of recipes.

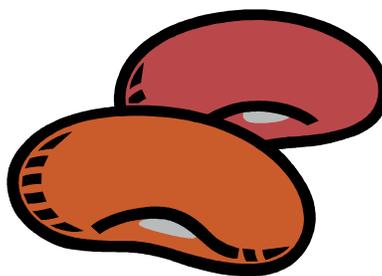
## Super Bowl 7 Layer Dip

*Chef Bob Holloway, CEC, Egland's Best Eggs, Platteville, Colorado*

Serves 8-12

- 1½ cups Refried pinto beans
- 1 cup Guacamole
- 2 medium Roma tomatoes, diced
- 1 can Black olives, sliced
- 1 pint Sour cream, light
- 2 cups Cheese, shredded cheddar
- ½ head Lettuce, shredded very thin
- Jalapenos, sliced, fresh or canned
- Bag of corn chips
- Jar of salsa

On a large dinner plate, serving platter for buffet service or on individual plates, arrange ingredients into layers using the lettuce to frame the plate. Serve with chips & salsa. This can be made and kept wrapped and refrigerated for up to 24 hours ahead (do not add lettuce until just prior to serving for maximum crispness). If chilled, set at room temperature for one hour before serving to maximize flavors.



*Next Month...* **Greenhouse Herbs**