

Featuring Salba Smart salsa in *the And Her Little Dog Too* on March 15, 2010

And Her Little Dog Too

Healthy Living, Eating and Running in Philadelphia with my dog Jackson

Since I started my [new gig](#) this weekend, I spent LOTS of time at Whole Foods. Of course being there for a few hours gets you sucked in to all the glorious food options. It took a lot of willpower to not buy everything in sight!

Since I was there [doing a demo](#), there were other food demos set up throughout the store. It was fun to try out some different food! I ended up trying something and totally loved it! I had to buy all the ingredients and recreate it on the blog!

At one of the Whole Foods stores I was at, the store lets their employees come up with different recipes and demo them. I am not sure if they do this at every WF store. If they don't, they totally should! This one sweet lady created this amazing dip, which she called her **No-Brainer Dip!** I loved the name and loved the dip!

It only consisted of a few ingredients – Whole Foods Black Bean Dip, a can of chili (i used vegetarian), some con queso and I also added some [Sabre salsa](#) that I was sent to review.



I really love the [Salba Smart](#) line of chips and salsa! It's so yummy!

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So back to the recipe! To make this dip I used 1/2 can of the chili, 1/2 of the black bean dip and a few scoops of salsa. All mixed together in a bowl, and then poured into a baking pan and topped with con queso and a little cheddar cheese for fun!



Yummers! I baked it in the oven at 350* for 25 minutes to melt the cheese and to heat things up!

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While it was heating up in the oven I made some rice. I topped the chili over the rice and then added a dollop of guacamole to make it pretty. I also had a side of [Salba tortilla chips](#), because lets face it, you can't have dip without some chips!



All pretty in the a [Cali bowl](#)!



Doesn't this look good enough to eat? It was nice to come home and just make a quick and easy meal/snack. Sometimes when you aren't too hungry for dinner or had a big lunch, its nice to make something like this to nibble on!

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Check out [Jackson](#) eyeing up my bowl! I swear I feed him everyday. He always looks so hungry in every picture!



And did I mention how much I love my [Cali Bowls](#) for chips and dip? It's so cute to have fun, colorful bowls in lots of different shapes and sizes. I kind of want to get a pair in every color!

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