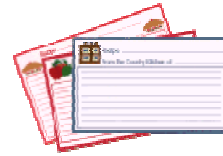




York
Curling
Club



"Corrine's Bean Dip"

1 large can Lentils, drained and rinsed
1 large can Black Beans, drained and rinsed
1 medium tomato, seeded and chopped
2-3 green onions, chopped
1/2 to 3/4 cup Kraft Catalina Salad Dressing
Salt and pepper to taste
Juice of 1/2 lemon or lime

Mix together, add dressing to taste, and enjoy!