



Garlic and White Bean Dip

Prep Time: 5 minutes

Total Time: 10 minutes

Yield: 6- 1/3 cup servings

Ingredients:

- 1 can (or 3/4 cup dried and cooked to your liking) great northern beans
- 1/4 cup extra virgin olive oil
- 1/4 cup lemon juice (about 1 lemon)
- 2 tablespoons balsamic vinegar
- 4 cloves garlic
- 1 teaspoon salt, or to taste
- 1 teaspoon black pepper, or to taste
- 2 teaspoons Italian herb seasoning
- 12 fresh basil leaves, chopped

Directions:

1. In a food processor, puree beans with olive oil, lemon juice, balsamic vinegar, garlic, salt and pepper until smooth.
2. Add water, 1/2 tablespoon at a time to thin dip to your desired consistency.
3. Stir in Italian herb seasoning and basil.
4. Serve with a generous portion of veggies.

Recipe adapted from:

Cynthia Sass, MPH, RDN

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 108 g		Total Fat 4.2g	7%	Total Carbohydrates 18g	6%
1 serving (3.8 oz)		Saturated 0.6g	3%	Dietary Fiber 4g	15%
Calories 130		Trans Fat 0g		Sugars 2g	
From fat 38		Cholesterol 3mg	1%	Protein 6g	11%
<i>HappyForks.com</i>		Sodium 730mg	30%	Vitamin A 3% • Vitamin C 40%	
		Calcium 5% • Iron 8%		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	