



## Light Avocado Dip

(Makes 10 servings)

1 cup           canned white beans, drained and rinsed (navy, great northern, cannellini)  
1 large         ripe avocado  
1 chopped     Italian plum tomato  
3 Tbsp.        squeezed lemon juice (minimum)  
¼ cup         chopped parsley (minimum, very good with more)  
Hot pepper sauce (optional)  
Salt, to taste

Mix everything together in blender or food processor.

Serving suggestions:

- Veggie Dip
- Pita Chip Dip
- Sandwich spread

### Nutritional information for 2 Tablespoons:

Calories	55
Total Fat	2.3g
Saturated fat	.45g
Fiber	2g
Sodium	13mg
Folic Acid	36 mg