



White Bean Dip

Makes 1 Cup

Light and fresh. This dip pairs nicely with cherry tomatoes, carrot sticks and red pepper slices.

- 1 can cannellini beans (white kidney beans) – drained and rinsed
- 2 cloves garlic, chopped
- 2 Tablespoons lemon juice
- 2 Tablespoons olive oil
- ¼ cup fresh parsley leaves, chopped
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Place beans, garlic, lemon juice, oil and parsley in blender or food processor.
Blend until smooth.

Nutrition Information – 1 Tablespoon

Calories: 55

Total Fat: 1.7g

Saturated fat: 0g

Carbohydrate: 7g

Fiber: 1.5g

Protein: 2.8g