

Recipe of the Month – May 2020

White Bean Dip

Serves 8

Serving Size: 2 Tablespoons

Cost per Serving: \$0.20

Ingredients:

1 can (15 oz) white beans, (*drained & rinsed*)
(*cannellini, great northern, or navy*)
2 Tablespoons lemon juice
2 Tablespoons oil (*canola or olive*)
2 small cloves garlic, minced
1 teaspoon dried herbs
(*basil, parsley, oregano, rosemary*)



Directions:

1. Place all ingredients in a blender or food processor. Blend until smooth.
2. Serve right away or refrigerate in a covered container for up to 4 days.

Tips:

- Serve with cut up vegetables or crackers or use as a spread for a wrap or sandwich.
- Mash the ingredients together with a fork if you don't have a blender or food processor.

Nutrition Facts per Serving: 90 calories, 3.5g total Fat (0.5g sat. fat), 0mg. Cholesterol, 180mg Sodium, 11g Carbohydrates, 3g Fiber, 0g Sugar, 4g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar*



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