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