



White Bean Dip

Number of servings: 12

Serving Size: ¼ cup

Equipment:

Blender or food processor

Ingredients:

- 1 (15 ounce) can cannellini beans, drained and rinsed
- 2 cloves garlic
- 2 Tablespoons fresh lemon juice (about ½ lemon)
- ¼ cup olive oil
- ¼ cup (loosely packed) fresh Italian parsley leaves
- ¼ teaspoon freshly ground black pepper

Directions:

Place the beans, garlic, lemon juice, olive oil and parsley in the bowl of a blender or food processor. Pulse until the mixture is coarsely chopped. Season to taste with ground black pepper and herbs. Transfer the bean puree to a small bowl.

Serve with cut fresh vegetables or whole grain pita chips.

Cost per recipe: \$3.00

Cost per serving: \$0.25

MyPlate servings: ¼ serving protein

Adapted from:

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/white-bean-dip-with-pita-chips-recipe/index.html?cc=linkback>

Nutrition Facts

Serving Size 4 Tablespoons

Serving Per Container 12

Amount Per Serving

Calories 92

% Daily Values*

Total Fat 5g		8%
Saturated Fat 1g		5%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 3g		
Cholesterol 0mg		0%
Potassium 217mg		6%
Sodium 88mg		4%
Total Carbohydrate 10g		3%
Dietary Fiber 2g		8%
Sugars 0g		
Protein 4g		8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>