



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