



Roasted Red Pepper Cannellini Bean Dip **Makes 8 – ¼ cup servings**

- ¼ cup chopped fresh basil
- 2 teaspoons balsamic vinegar
- 1 (16-ounce) can cannellini beans, drained and rinsed
- 1 (7-ounce) bottle roasted red bell peppers, drained and rinsed
- 1 – 2 large garlic cloves, chopped
- 2 Tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

Place ingredients in a food processor; process until smooth.

Serve this Mediterranean inspired dip with cut veggies or pita chips.

Recipe adapted from *Cooking Light* magazine.

Nutrition Information (per ¼ cup)

- Calories 62
- Fat 3.5g
- Saturated fat 0.5g
- Carbohydrate 6g
- Fiber 1.5g
- Protein 1.5g