



## White Bean Dip

Makes 1 Cup

Light and fresh. This dip pairs nicely with cherry tomatoes, carrot sticks and red pepper slices.

- 1 can cannellini beans (white kidney beans) – drained and rinsed
- 2 cloves garlic, chopped
- 2 Tablespoons lemon juice
- 2 Tablespoons olive oil
- ¼ cup fresh parsley leaves, chopped
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Place beans, garlic, lemon juice, oil and parsley in blender or food processor.  
Blend until smooth.

### Nutrition Information – 1 Tablespoon

- Calories: 55
- Total Fat: 1.7g
- Saturated fat: 0g
- Carbohydrate: 7g
- Fiber: 1.5g
- Protein: 2.8g