Recipe of the Week

Garlic White Bean Dip

Ingredients:
• 1 tablespoon olive oil
• 3 minced garlic cloves
• 1 15-ounce can drained and rinsed low-sodium cannellini beans
• 1 tablespoon lemon juice
• ¼ teaspoon black pepper
• 1/8 teaspoon sea salt

Directions:
1. In a nonstick skillet, heat olive oil over medium heat for 1 minute. Add garlic and sauté for 1 minute.
2. Turn off heat and transfer garlic and oil to a food processor. Add beans, lemon juice, pepper and salt and puree on high for 1 to 2 minutes until smooth, scraping down the sides of the bowl with a rubber spatula as needed.

Serves 4
83 calories, 4 g fat, 1 g saturated fat, 9 g carbohydrate, 2 g fiber, 3 g protein, 106 mg sodium
Source: Food & Nutrition Magazine, Academy of Nutrition and Dietetics