



*Simple,
Seasonal,
Sustainable*

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*

