

White Bean Dip with Fresh Herbs

By Gena Hamshaw

The perfect celebration of fresh herbs, this dip is wonderful with crostini, pita, radish slices, or even wrapped up in kale or romaine leaves. Serve with an extra drizzle of nice, fruity olive oil.

Serves 4

- 2 cups cooked white beans
 - 1 clove garlic, minced
 - 4 tablespoons extra-virgin olive oil, divided into 1 tablespoon and 3 tablespoons
 - 1 tablespoon chopped fresh rosemary
 - 2 teaspoons fresh thyme
 - 1 teaspoon sea salt (or to taste)
 - Black pepper, to taste
 - 2 tablespoons fresh lemon juice
 - 3 tablespoons fresh parsley
1. In a medium-sized pan, heat the garlic in 1 tablespoon olive oil. Cook for two minutes, and then add the white beans, rosemary, and thyme. Sauté for another 4 to 5 minutes, or until garlic is soft and fragrant.
 2. Transfer the beans to a food processor. Add the salt, pepper, lemon, and remaining olive oil. Process on high, stopping every now and then to scrape the bowl down, until mixture is totally creamy and smooth.
 3. Pulse in the fresh parsley. Serve with an extra drizzle of olive oil.