

Rosemary White Bean Dip



Makes 11 servings

Active time: **15 minutes**

Total time: **15 minutes**

Course: **Snacks**

For a fun twist on hummus, whip up this herby white-bean dip.

Ingredients

- 1 15-oz. can no-salt-added cannellini beans (white kidney beans), rinsed or 1 3/4 cups cooked cannellini beans (white kidney beans)
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon snipped fresh parsley
- 1 teaspoon snipped fresh rosemary
- 2 cloves garlic
- 1/8 teaspoon black pepper
- 1/3 cup chopped pitted ripe olives
- Pita chips and/or assorted vegetable dippers

Preparation

1. In a food processor combine beans, lemon juice, olive oil, snipped parsley, rosemary, garlic and black pepper. Cover and process until just smooth. Stir in olives.
2. Serve with pita chips and/or vegetable dippers.

Nutrition

Per Serving: 58 calories; 6 g carbohydrates; 3 g fat (0 g sat, g mono); 2 g protein; 0 mg cholesterol; 2 g dietary fiber; 83 mg potassium; 48 mg sodium. Nutrition bonus: 2 mg Vitamin C, 8 µg Folate, 20 mg Calcium, 1 mg Iron, 49 IU Vitamin A

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