

LEMON & ROASTED GARLIC WHITE BEAN DIP

YIELD: 15 SERVINGS, 2 OZ. PORTIONS

Chef Ryan Eckles

This is a super simple recipe that is also great with canned chickpeas. The variations are endless and you can adjust it to suit your taste. You can also use dried beans, just cook until tender, then drain and rinse. In this recipe I love the lemon and roasted garlic so I use the full amounts but try starting with half and see what you think. You can always add more! This is also great with a couple teaspoons of fresh herbs like rosemary or thyme. A final note before you get going: this recipe calls for the juice and zest of two fresh lemons and 4 fresh roasted garlic heads. You can substitute lemon juice concentrate and either roasted garlic granules or roast the pre-shelled garlic in a foil pouch. If you're using fresh garlic or regular granulated garlic you must scale back the amount. 1-2 fresh cloves of garlic will be plenty.

INGREDIENTS

- 2 – 15oz cans of white beans, drained, rinsed
- 3/4 cup of oil (blend or EVOO)
- 2-4 whole heads of garlic roasted or 1-2 raw cloves minced
- 1-2 lemons zest and juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

1. Place all ingredients in a food processor and blend until smooth. Add more oil if necessary, to get to your desired consistency.
2. Check for salt, garlic, and lemon flavor. Transfer to serving bowl and garnish with a drizzle of olive oil. Goes great with chips, falafel and veggie sticks or wraps and sandwiches.

RECIPE NOTES

Nutritional information*: 175 calories; 0.9 g sat. fat; 114 mg sodium; 15 g carbohydrate

* *nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*