



White Bean Dip

Makes 16 servings. Recipe from AARP.

Ingredients

- 1 can white beans, rinsed and drained
- 1 clove minced garlic
- 1/2 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 1 teaspoon salt or to taste
- 2 minced anchovy fillets (optional)
- 1 tablespoon finely chopped rosemary (or tarragon, sage, basil, chives), plus sprigs for garnish
- 1/4 cup olive oil, plus more for drizzling

Nutritional info per serving

Calories:	49
Total fat:	3.5g
Cholesterol:	0mg
Sodium:	151mg
Total Carbs:	4g
Dietary Fiber:	1g
Protein:	1g

Directions

1. Blend all ingredients (except olive oil) in a food processor until chunky, then slowly add olive oil and blend until smooth and somewhat fluffy.
2. Garnish with herb sprigs and a drizzle of olive oil.