



## Lemony Bean Dip

This recipe can be made in five minutes, start to finish. It is a great way to get kids (and adults) to eat the fabulous, nutritious bean. It can be made with many different types of white beans: my favorites are chick peas and black-eyed peas, but cannellini beans, white northern beans, lima beans and others are good, too. Follow the proportions below, but more importantly, let your own taste buds lead the way: add more lemon for a tangier dip, more olive oil for a creamier and smoother dip and more garlic for punch. You can also add fresh herbs for a different taste—dill is especially good. This will stay in your fridge for at least a week, so you can grab it whenever the kids want a snack.

### *Ingredients*

1, 10-oz can chick peas, rinsed and drained *or*  $\frac{3}{4}$  dried beans, cooked until tender (reserve cooking water)  
 $\frac{1}{4}$  cup extra virgin olive oil  
1 clove garlic, roughly chopped  
juice of 1-2 lemons  
salt & pepper to taste

### *Procedure*

Put all ingredients together in a food processor or blender and blend until it becomes a smooth puree. If it is too thick, add either more olive oil, a bit of water, or if you cooked the beans yourself, some of the reserved cooking water. Adjust proportions until it's just right and serve with some toasted whole wheat pita bread or raw veggies, like carrots, celery and red peppers.

### **Basic Nutrition Profile for One Serving (1 tablespoon):**

Kcal	46 kcal
Protein	0 gram
Carbohydrate	3 grams
Fat	4 grams
Saturated Fat	0 grams
Monounsaturated Fat	3 grams
Polyunsaturated Fat	0 grams
Fiber	0 grams