

Spicy White Bean Dip

6 servings

Ingredients

- 2 cloves garlic
- 1 (15½ ounce) can cannellini beans
- ⅓ bunch fresh parsley
- ¼ cup water
- 1 Tablespoon canola oil
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- Pinch of cayenne pepper



Directions

1. Peel and mince garlic cloves.
2. Drain and rinse cannellini beans.
3. Rinse and chop parsley.
4. In a blender, add garlic, cannellini beans, water, canola oil, salt, ground black pepper, and cayenne pepper. Blend until smooth.
5. Transfer dip to medium bowl. Top with parsley and stir.

Chef's notes:

- Use ½ teaspoon garlic powder in place of minced fresh garlic cloves.
- Use 2 teaspoons dried parsley in place of chopped fresh parsley.
- Serve with whole wheat pita bread, tortilla chips, or cut-up fresh veggies.
- Use Great Northern or navy beans instead of cannellini beans.
- For a chunkier dip, or to make without a blender, mash beans, oil and water together with a fork until well blended. Stir in rest of ingredients.



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