

WHITE BEAN DIP

- 1 medium can of cannellini beans, rinsed and drained
- 1 shallot, minced finely
- 1.5 Tbsp of olive oil (can also use sesame oil)
- 1/2 cup of fresh mint leaves
- 2/3 cup of fresh sage leaves
- 1 tsp of garlic salt
- 1/2 tsp of cayenne pepper
- Coarse salt and pepper to taste
- 3 Tbsp of scallions, chopped finely

1. Add all the ingredients into a food processor or a blender, except for the scallions.
2. Blend or mix under a smooth paste is formed.
3. Remove from processor and place in a bowl.
4. Chill in the refrigerator for about 1 hour.

Add scallions and serve with pita chips, french bread or oat crackers.

Makes four (6) servings: Per serving*:

109 cals

3.6 grams of carbs

3.3 grams of fibre

4.9 grams of protein



*Nutritional information provided by <http://recipes.sparkpeople.com/recipe-calculator.asp>.