WHITE BEAN DIP

10 minutes
4-5 servings

Ingredients:
- 1 can cannellini beans
- 1/3 cup extra-virgin olive oil
- 2 tablespoons fresh Italian parsley
- 1-2 garlic cloves
- Juice from 1/2 lemon
- Zest of 1 lemon (optional)
- Salt and pepper (to taste)

Directions:
- Drain beans.
- Chop parsley and garlic roughly.
- Add all ingredients in a food processor.
- Blend until smooth.
- Add salt and pepper to taste.
- Serve with whole-wheat pita chips, sliced vegetables, or put onto a sandwich.

Did you know? Cannellini beans are popular in Central and Southern Italy, where they are used in soups and pastas. Cannellini beans are of the legume family, Fabaceae, which also includes peanuts, lentils, vanilla bean, alfalfa, and peas.

Benefits: Beans are a source of dietary fiber, potassium, iron, and are low in fat. They also provide proteins; however, they do not contain all 9 essential amino acids. Beans needs to be paired with whole grains, like rice and beans, to make a complete protein.

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