White Bean Dip
Makes 8 Servings

Ingredients:
1 can (15 ounces) white beans (drained and rinsed) (cannellini, great northern, or navy)
2 tablespoons lemon juice
2 tablespoons oil (canola or olive)
2 small cloves garlic, minced
1 teaspoon dried herb (basil, parsley, oregano, rosemary)

Directions:
1. Place beans, lemon juice, oil, garlic and herbs in a blender or food processor. Blend until smooth.
2. Serve right away or refrigerate in a covered container for up to 4 days.

Tips:
Serve with cut up vegetables or crackers or use as a spread for a wrap or sandwich.
Mash the ingredients together with a fork if you don’t have a blender or food processor.

Source: Iowa State University Extension