

Appetizer

White Bean Dip

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Servings: 24

Preparation Time: 10 minutes

Start to Finish Time: 10 minutes

Dip may be refrigerated for up to one day.

1 tablespoon olive oil

2 cloves garlic, thinly sliced

1 teaspoon fresh rosemary

1 can (15 oz) cannellini or other white beans, rinsed

1 tablespoon fresh lemon juice

Kosher salt and pepper

Heat the oil in a small skillet over medium heat. Add the garlic and rosemary and cook, stirring occasionally, until the garlic is golden brown, 1 to 2 minutes.

Transfer the garlic-rosemary oil to the bowl of a food processor. Add the beans, lemon juice, and 1/4 teaspoon each salt and pepper, and process until smooth, adding one teaspoon water if the mixture seems too thick.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 6 Calories; 1g Fat (88.7% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat.