

# EASY | RECIPE

## Creamy White Bean Dip

1 15-oz can cannellini beans, drained  
1 tsp minced garlic  
2 tbsp olive oil  
2 tbsp fresh lemon juice

½ tsp Tabasco sauce  
2 tbsp pine nuts  
2 tbsp minced red bell pepper  
(for garnish)

1. In a food processor or blender, add first 5 ingredients; blend until smooth.
2. Place mixture in a serving bowl and fold in pine nuts. Top with bell pepper.
3. Serve with baked pita chips or cucumber slices, or spread on endive spears.

**MAKES 1½ cups (24 tsp), about 12 servings.**

60 calories | 2g protein | 3g total fat | .3g sat fat | 2g mono fat | 1g poly fat  
| 0mg cholesterol | 6g carbs | 1g sugar | 2g fiber | 63mg sodium

