



Rosemary-Lemon White Bean Dip

Yield: About 1 cup (250mL)

Preparation Time: About 20 minutes

Ingredients:

- 1 x 390 g (14oz) can of cannellini beans, rinsed and drained
- 1 clove garlic, minced
- Pinch salt and freshly cracked pepper
- Grated zest of 1 small lemon
- Juice of ½ small lemon
- 1 tsp (5mL) minced fresh rosemary (about a pinkie-sized sprig)
- 3Tbsp (45mL) extra virgin olive oil
- 1 Tbsp (15mL) water, to thin bean mixture, if too thick

Equipment:

- can opener
- strainer
- fork
- potato masher
- micro-plane or garlic press
- measuring spoons
- sharp knife
- cutting board
- juicer or reamer
- rubber spatula
- medium-sized bowl

Method:

1. Open a 390g can of cannellini beans and pour into a strainer in the sink. Rinse and drain well. Place in medium-sized bowl.
2. With the back of a fork, mash the beans. You may also mash the beans with a potato masher.
3. Peel the garlic clove and grate into the bowl with a micro-plane or press through a garlic press.
4. Add a pinch of salt and a few grinds of freshly cracked pepper.
5. Using a micro-plane or grater, grate the zest of 1 lemon into the bean bowl.
6. Cut the lemon in half. Juice ½ lemon into a small bowl. Strain the seeds with your hand as you pour the juice into the bean bowl.
7. Pull the leaves off of a pinkie-sized sprig of rosemary. Rip the leaves into small pieces into the bowl.
8. Add 3 Tbsp (45mL) of olive oil.
9. Combine the ingredients until well blended and smooth using a rubber spatula.
10. If the mixture is too thick add another Tbsp (15mL) of olive oil and 1 Tbsp (15mL) of water and blend together.

Tasty Tip:

- May be stored in the fridge for up to 5 days.
- This dip is even better the next day once the flavours have blended together.
- If you have a food processor, you can add all of the ingredients to the food processor and puree until smooth. Have an adult help you with the food processor and its very sharp blade.
- Take for recess or lunch with some veggies.
- Spread some bean dip inside a whole wheat pita and stuff with some lettuce and veggies and take for lunch. If you can't find cannellini beans, use another type of bean.