

# WHITE BEAN AND BASIL DIP

## INGREDIENTS

(For 15 ~2 tbsp each)

- 1 can white beans (rinsed and drained)
- 3 tbsp olive oil
- 1 tsp salt
- 1 tsp pepper
- 2 cloves garlic
- 2 tbsp lemon juice
- 3/4 cup chopped fresh basil

## INGREDIENTS

(Class Size: 30, 2tbsp each)

- 2 cans white beans (rinsed and drained)
- 6 tbsp olive oil
- 2 tsp salt
- 2 tsp pepper
- 4 cloves garlic
- 4 tbsp lemon juice
- 1½ cup chopped fresh basil



## DIRECTIONS

1. Blend together all ingredients except basil until smooth.
2. Once smooth, stir in basil.
3. Enjoy with veggie sticks, crackers, or naan bread!

## COOKING TIP

Prepare a double batch/class size portion and freeze in individual portion cups to enjoy at a later time

## FACT

Cannellini beans, (also called white kidney beans) can be used in soups, stews, chilis, and other dishes. Look for no added salt varieties when using canned options.