

Herbed White Bean Dip

Ingredients:

- 2 chopped garlic cloves
- 1 tsp chopped sage
- 1/2 tsp chopped rosemary
- 2 cans cannellini beans
- Liquid from canned beans
- 2 tbsp. water
- Salt to taste
- 1 pinch cayenne pepper



Nutrition Facts

12 servings per container
Serving size 1/4 cup (39g)

Amount per serving
Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 72mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. In a skillet, use a small amount of liquid from the canned beans and let heat. Add garlic, sage, and rosemary cooking until fragrant.
2. Add in the beans and toss to coat. Once coated, transfer into a food processor or blender.
3. Add water, salt, and cayenne. Blend until smooth.
4. Transfer into a small serving bowl.

Cost per serving: \$0.13

Recipe by Emily Rogers