



Tuscan White Bean Dip

(makes ~ 2 cups in 15 minutes)

One taste of this creamy Cannellini bean dip and you're off to the Italian Riviera. With just the right blend of lemon, garlic and herbs, it is a delicious alternative to hummus (without the glyphosate herbicide present in most garbanzo beans). This dip is a great mid-afternoon snack that the whole family will love.

Ingredients

- ¼ cup extra virgin olive oil (plus 1 teaspoon to drizzle at finish)
- 1 (14 oz.) can of organic Cannellini beans, rinsed and drained
- 1/8 teaspoon dried chili flakes
- 1/4 cup red onion, minced
- 1 tablespoon garlic, chopped
- ¼ cup fresh parsley, chopped, and fresh thyme, marjoram, or oregano if available
- 1 teaspoon lemon zest, plus 1 tablespoon lemon juice
- 1 teaspoon sea salt
- 2 tablespoons pine nuts, toasted as garnish

Directions

In a small pan, heat the olive oil over medium heat for 15 seconds. Then add the red chili flakes, onion and garlic and sauté for 4-5 minutes, until the onion is softened. Add half of the herbs and sauté another minute. Remove from heat. Place the drained and rinsed Cannellini beans into a food processor, add the sautéed mixture, the rest of the herbs, lemon zest, juice, and salt and blend 30 seconds. Taste and adjust seasonings.

Transfer the dip to a small serving bowl and garnish with toasted pine nuts, a drizzle of EVOO and sprinkle of fresh herbs. Serve with fresh vegetable crudité's or gluten-free crackers.