

# Italian Bean Dip

Health Canada recommends having meat alternatives like beans, lentils and tofu often. This bean-based dip is flavourful while being low in fat and sodium, and is also a source of fibre. Enjoy!



## Ingredients:

1–14 ounce can	Cannellini beans, drained and rinsed	1–398 mL can
2 cloves	Garlic, minced	2 cloves
2 Tbsp	Fresh lemon juice	30 mL
1	Zest of one lemon	1
2 Tbsp	Olive oil	30 mL
¼ cup	Fresh Italian parsley leaves (loosely packed)	60 mL
¼ tsp	Freshly ground black pepper	1 mL

## Directions:

1. Place the beans, garlic, lemon juice, lemon zest, olive oil and parsley in food processor bowl.
2. Pulse until the mixture is smooth. Add a few drops of water if mixture is dry.
3. Season with pepper.
4. Put in bowl, cover and chill until served.

**Makes 12 servings (60 mL/ ¼ cup/ 44 g)**

Source: developed by Terry B. for Apple E-Parenting newsletter, Alberta Health Services.

# Italian Bean Dip

<b>Nutrition Facts</b>	
Per 1/12 of recipe (60 mL/ ¼ cup/ 44 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 50	
<b>Fat</b> 2.5 g	<b>4 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 10 mg	<b>0 %</b>
<b>Carbohydrate</b> 5 g	<b>2 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 0 g	
<b>Protein</b> 2 g	
Vitamin A	4 %
Vitamin C	6 %
Calcium	2 %
Iron	4 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	2 g
Low fat	2.5 g
Saturated fat free	0
Low sodium	10 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Most Often recipe (Meat and Alternatives) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Blender or Food Processor