## 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
<sup>1</sup> / <sub>4</sub> cup	Fresh Italian parsley leaves (loosely packed)	60 mL
1⁄4 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/ 1/4 cup/ 44 g)

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



Amount	% Daily Value	
Calories 50		
<b>Fat</b> 2.5 g	4 %	
Saturated 0 g + Trans 0 g	0 %	
Cholesterol 0 mg		
Sodium 10 mg	0 %	
Carbohydrate 5 g	2 %	
Fibre 2g	8 %	
Sugars 0 g		
Protein 2 g		
Vitamin A	4 %	
Vitamin C	6 %	
Calcium	2 %	
Iron	4 %	

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

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1/4

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

Special Equipment Required:

• Blender or Food Processor

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