

## Bean Dip

- Can of white kidney beans, drained & rinsed
- 1/3 cup of fresh herbs (e.g. dill, cilantro, parsley)
- ¼ cup extra-virgin olive oil
- 1 lemon – juice and zest
- 1-2 cloves of garlic
- Sea salt & pepper to taste



1. Open can of white kidney beans.
2. Pour beans into strainer over sink and rinse in cold water. Put into bowl
3. Cut lemon in half, and use citrus press to get juice and put lemon juice into bowl.
4. Peel skin off one garlic clove. Cross chop garlic finely and add into bowl.
5. Measure olive oil and add
6. Add ½ tsp salt, pepper, 1 tsp herbs.
7. Mash or blend the ingredients. Add extra olive oil for creamier dip. When blended to the consistency you like, enjoy with vegetable sticks, corn chips, on crackers or a sandwich!