

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.

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Nutrition Facts	
Per 1/12 of recipe (60 mL/ ¼ cup/ 44 g)	
Amount	% Daily Value
Calories 50	
Fat 2.5 g	4 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 10 mg	0 %
Carbohydrate 5 g	2 %
Fibre 2 g	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	¼

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

<p>Special Equipment Required:</p> <ul style="list-style-type: none"> • Blender or Food Processor
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