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White Bean Dip

Serves:6	Calories per serving:100
Prep time:15 minutes	Cook time:0 minutes
2 cloves garlic	1. Peel and mince garlic cloves
1 15oz can of cannellini beans	2. Drain and rinse cannellini beans
1/4 cup water	3. Combine garlic, beans, water, canola oil, salt, pepper, and basil. Using a potato masher, blend until mostly smooth.
1 tbsp canola oil	
1/4 tsp salt	
1/2 tsp ground black pepper	
1/2 tsp dried basil	4. Stir and serve!

Equipment Needed: Medium bowl, Can opener, Measuring spoons, Mixing spoon, Potato masher.

Recipe Source: