

White Bean Dip



POINTS® Value: 2

Servings: 8

Level of Difficulty: Easy

You'll love our nutty bean and yogurt dip for sprucing up celery sticks. Or, try it as a sandwich spread.

White Bean Dip

8 Servings

POINTS® Value: 2

Ingredients

- 1/2 cup walnut halves
- 19 oz canned cannellini beans, rinsed and drained
- 1/2 cup low-fat plain yogurt
- 1 medium garlic clove(s), minced
- 1/2 cup parsley, chopped
- 2 Tbsp fresh lemon juice
- 1/4 tsp table salt
- 1/4 tsp black pepper

Instructions

1. Preheat oven to 350°F. Place nuts on cookie sheet and bake until toasted, about 10 minutes.
2. Puree all ingredients in a food processor, scraping down the sides as needed, until well combined. Yields about 3 1/2 tablespoons per serving.