



## Lemony White Bean Dip

### Serving:

6-8

### Type:

appetizer, spread, vegan, pareve, GF

### Author:

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### Notes:

This white bean dip is a cinch to whip up and spoons perfectly into endive leaves for a guilt free and gluten-free appetizer. Feel free to use any herbs you like (mint or dill) or follow my suggestions, below. This spread resembles hummus but is lower calorie sans the tahina. Keep the garlic to a minimum and brighten neutral cannellini beans with plenty of freshly squeezed lemon juice.

This recipe is loosely adapted from Mark Bittman's Rosemary-Lemon White Bean Dip. Don't skip the lemon zest as a last minute mix in and a topper. It's magical.

## Ingredients:

1 can (15oz). canellini beans, well drained but not rinsed.  
2 Tb. lemon juice  
1/4 cup GOOD EVOO  
1 clove garlic  
salt and pepper to taste (needs a good dose of both)  
2 Tb. cilantro or parsley or any combo of fresh herbs you prefer. Dill and mint would be tasty, too.  
lemon zest, to taste  
8-12 endive leaves, separated and arranged on a serving plate so they are ready to be filled with bean dip (think of them as nature's spoons)

## Directions:

Combine beans, lemon juice, EVOO, garlic, salt and pepper in food processor with chopping blade. Blend until smooth. Taste and adjust salt, pepper and lemon to your liking.  
Spoon into a small mixing bowl and mix herbs and lemon zest into the dip.  
Spoon bean dip into endive leaves and top with extra herbs and lemon zest.

## Tips:

This dip may be prepared 1-2 days in advance. Consider serving it alongside a selection of crudite or with a basket of pita triangles or chips.  
This dip makes a great substitution for mustard or mayo for your next sandwich (SOOO good with brisket, tuna or turkey).