

# Lemony White Bean Dip

Culinary Medicine, Nutrition Services

Yields: 2.5 cups

Equipment: can opener, knife, food processor, spatula or spoon

## Ingredients

1 can (15 ounces) of white beans, drained and rinsed  
1 clove garlic  
2 tablespoons fresh parsley  
1 lemon, zested and juiced  
¼ cup extra virgin olive oil  
Pinch of cayenne  
Salt and pepper to taste  
  
To Garnish: fresh chopped herbs (basil, parsley, cilantro, dill, oregano, thyme)

## Instructions

1. Place all ingredients into a food processor and blend until well incorporated and smooth.
2. Top with fresh herbs of choice and serve with warm pita and fresh vegetables.



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## Why We Like This Recipe

This very basic white bean base can serve as a palate for so much flavor building! We love adding our favorite herbs and mixing them in to brighten and freshen the dish up to match the season. Great for year-round and very adaptable.

### Chef's Notes:

- Don't have fresh herbs on hand? Try travelling to different corners of the world with this dish using different spice blends like creole, curry, or cajun.

### Nutrition Notes:

- White beans have high nutrient density, high fiber, and protein which promote feelings of fullness and satiety throughout the day. Pair with whole wheat pita or top with seed sprouts or sesame seeds for a complete plant-based protein source.



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