



Roasted Garlic Parmesan White Bean Dip

Recipe Source: stephiecooks.com

Ingredients:

2-3 cloves garlic
2 (15 oz) cans cannellini beans, drained and rinsed
½ lemon, juiced
¼ cup flat leaf parsley
½ cup shredded parmesan cheese
1 tsp salt
6 Tbsp olive oil

Steps:

- Preheat oven to 450°F.
- Peel the garlic cloves. Place the cloves in a piece of heavy-duty aluminum foil, drizzle with a small amount of olive oil, then wrap in the foil, leaving a small opening at the top of the pouch. Place in the oven for 25-30 minutes or until the garlic is soft and starting to turn golden. Allow to cool.
- Place the beans, roasted garlic, lemon juice, parsley, cheese, and salt in the bowl of a food processor. Run the processor, streaming in the olive oil until it reaches a creamy consistency, scraping down the sides of the bowl as needed.
- Transfer to a bowl. Cover and refrigerate until ready to use. Garnish with additional chopped parsley and a drizzle of olive oil if desired. Serve with whole grain pita chips, crackers, or vegetables.

Tips from the Test Kitchen: The original recipe called for 5-6 cloves of garlic so feel free to increase the amount if you love garlic! As well as being a delicious dip, this works perfectly as a spread in a wrap or sandwich.

Nutritional Facts (per serving): Calories: 176, Carbohydrates: 13 grams, Protein: 6 grams, Total Fat: 12 grams, Saturated Fat: 2 grams, Cholesterol: 4 mg, Sodium: 546 mg, Fiber: 4 grams, Total Sugars: 0 grams