



# White Bean and Roasted Red Pepper Dip

## “Peppers Pack a Punch”

Yield: 8 servings

Serving Size: 1/8 of recipe

### Ingredients:

- 1 (19-ounce) can white beans, drained
- 2 roasted red peppers
- 4 cloves garlic
- 1 lemon (zest and juice)
- 2 tablespoons olive oil
- salt and pepper, to taste

### Directions:

Puree all ingredients in a food processor until smooth, adding water to bring it to the consistency that you desire.

Note: This could also be made in a blender or food mill.

(Each serving provides 120 calories, 35 calories from fat, 4 grams fat, 0.5 grams saturated fat, 0 grams trans fat, 0 mg cholesterol, 5 mg sodium, 17 grams carbohydrates, 4 grams fiber, 2 grams sugar, 5 grams protein)

Source: Adapted from <http://closetcooking.blogspot.com/2009/07/white-bean-and-roasted-red-pepper-dip.html>