

WHITE BEAN DIP

Equipment needed –

Food processor, colander, garlic crusher, juicer, measuring spoons, measuring cups and 3 small serving bowls.

Ingredients from the Garden –

- 2 cloves of garlic
- Juice of 1 lemon

Ingredients from the Pantry –

- 2 cans of cannellini beans, drained and rinsed
- ¼ cup of olive oil
- 2 teaspoons of ground cumin

What to do –

1. Open the cans of cannellini beans and place in a colander over the sink. Rinse well with cold water and drain well.
2. Peel and crush 2 cloves of garlic and place in the food processor.
3. Juice the lemon and place in the food processor.
4. Measure out 2 teaspoons of ground cumin and place in the food processor.
5. Measure out the olive oil and set aside.
6. Place the drained cannellini beans in the food processor and blend. With the motor running, slowly add the olive oil.
7. Divide the bean mixture evenly amongst 3 small serving bowls and serve.

Serves –

- 28 students