



# White Bean, Garlic and Rosemary Dip

## Ingredients

- 2 16oz cans cannellini beans rinsed and drained (can also use Navy or Great Northern beans)
- 2 garlic cloves chopped
- ¼ cup extra virgin olive oil
- 1 lemon, juice and zest
- 2 teaspoons chopped fresh rosemary leaves
- ½ cup chopped flat leaf parsley

## Instructions

Combine all ingredients in the food processor and process until smooth. Transfer to a bowl and refrigerate until cool – 20 minutes – overnight. Serve with whole wheat crackers and fresh veggies. Garnish with sprig of Rosemary or dash of smoked paprika.

Tip: For a smokier flavor roast the garlic before adding to food processor. Remove outer layers of the bulb of garlic, slice the top off to expose the tops of the cloves and drizzle with a little oil. Roast at 400 F for 30-35 mins.

*Serves 12*



Building a Healthy Boston  
Mayor Martin J. Walsh

Eating too much salt can lead to high blood pressure, heart disease and stroke. Take control of your health. Read the label and look for the lowest sodium choice. You can find simple ways to reduce sodium at [www.bphc.org/SwapTheSalt](http://www.bphc.org/SwapTheSalt)

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