



# White Bean Dip

Mayo Clinic Healthy Living

## Ingredients (8 servings)

1 can (15 ounces) white (cannellini) beans,  
rinsed and drained  
8 garlic cloves, roasted  
2 tablespoons olive oil  
2 tablespoons lemon juice

## Tip

To roast garlic, cut off the tops of several heads of garlic exposing the cloves. Spray the garlic generously with cooking spray. Wrap in aluminum foil also sprayed with cooking spray. Heat the oven to 350 F and roast about 30 minutes.

## Directions

In a blender or food processor, add the beans, roasted garlic, olive oil and lemon juice. Blend until smooth. Serve on top of thin slices of toasted French bread or pita triangles. This is also excellent placed on top of red (sweet) bell peppers cut into squares.