

# WHITE BEAN DIP



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
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**Program**

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**Location:**

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Packed with protein and fiber, this flavourful dip pairs beautifully with your favourite vegetables or pita chips!

## Ingredients

- 19 fl oz (540 mL) can of white kidney beans, drained and rinsed
- 3 tbsp (45 mL) extra virgin olive oil
- Juice of one lemon
- ½ tsp (2.5 mL) lemon zest
- 1 clove of garlic, minced
- ½ tsp (2.5 mL) lemon and herb seasoning blend
- 1 tsp (5 mL) dried parsley flakes
- Salt and pepper, to taste
- A handful of fresh parsley (optional)

## Preparation

1. In a food processor, blend all of the ingredients until smooth and creamy.
2. Taste and add more salt and pepper, if desired.
3. Scoop into a bowl, drizzle with extra olive oil and add fresh parsley, if desired.

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4. Serve with your favourite veggies or pita chips. Enjoy!