



White Bean Dip

Ingredients:

- 1/4 cup I Can't Believe It's Not Butter!® Mediterranean Blend spread
- 1 Medium yellow onion, finely chopped
- 1/2 tsp. Dried rosemary leaves, crushed
- 1 Clove Garlic, finely chopped
- 1 can (19 oz.) Cannellini or white kidney beans, rinsed and drained
- 1 Tbsp. Lemon juice
- 1 Tbsp. Fresh Parsley finely chopped or 1 tsp. dried parsley flakes, crushed
- Salt and ground black pepper to taste

Directions:

1. Melt I Can't Believe It's Not Butter!® Mediterranean Blend spread in 10-inch nonstick skillet over medium heat. Add onion and rosemary, stirring occasionally, 5 minutes or until onion is tender.
 2. Add garlic and cook, stirring occasionally, 1 minute; cool slightly.
 3. Process onion mixture, beans, and lemon juice in food processor or blender until smooth.
 4. Stir in parsley and season to taste with salt and pepper.
 5. Serve chilled, if desired, with pita chips, cut-up vegetables, and/or toasted bread slices.
- TIP: Also terrific as a sandwich spread with grilled vegetables!



Interested in developing an eating plan that is right for you?

Our registered dietitians hold classes, have on the sales floor nutrition demonstrations, and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to Kris Lindsey, our staff Registered Dietitian, for free nutrition advice at hannaford.com/asknutritionist