

White Bean Garlic Dip

Ingredients

- 10 cloves of garlic
- 1 can cannellini beans or just white beans
- 2 tbsp reduced-fat sour cream
- 1 tbsp lemon juice
- 2 tsp. Sesame oil
- ½ teaspoon ground coriander
- ¼ tsp. salt
- ¼ cup chopped parsley
- 1 tsp. paprika

Why It's Good For You

1. In a small pot of boiling water, cook the garlic for 3 minutes to blanch it.
2. Drain, reserving two tbsp. of the cooking liquid. Peel the garlic. Or if you don't have time, and you're like me, I buy the peeled garlic for about 1.99 at any grocer. Most carry this now.
3. In a food processor, combine the garlic, liquid and beans, and process to a smooth puree. Add the sour cream, lemon juice, sesame oil, coriander, and salt, and process briefly to blend.
4. Transfer it a medium size bowl, and garnish with the parsley and a sprinkle of the paprika!
5. ENJOY!