

White Bean Dip

From "Chop Chop: The Kids Guide to Cooking Real Food With Your Family" by Sally Sampson.

Sally's Note: When you puree beans, they make a rich, creamy dip that's delicious with French bread, pita chips, or raw vegetables. Or use it instead of mayonnaise, as a spread for a ham or cheese sandwich—it will add lots more flavor and nutrients.

Adult needed: Yes

Hands-on time: 15 minutes

Total time: 15 minutes

Makes: 1 ¼ cups

Kitchen gear

Can opener

Measuring cup

Colander or strainer

Food processor (adult needed)

Sharp knife (adult needed)

Measuring spoons

Large spoon

Serving bowl

Ingredients

2 cups cooked or canned white beans, drained and rinsed

1–2 garlic cloves, peeled and minced or chopped

¼ cup olive oil

3 tablespoons fresh lemon juice (about 1
lemon)

½ teaspoon kosher salt

¼ teaspoon black pepper

Instructions

1. Put the white beans, garlic, oil, lemon juice, salt, and pepper in the food processor fitted with a steel blade. Put the top on tightly and process until completely smooth. (If you don't have a food processor, you can mash everything using a fork or a potato masher. It won't get as smooth but it will definitely be yummy!)

2. Spoon into the serving bowl, cover, and refrigerate at least 1 hour and up to 2 days.

Note: Don't worry if you run out of carrot and celery sticks! Not only are there loads of other great veggies (bell pepper strips, asparagus, cherry tomatoes, cucumber slices), but dips also make great sandwich fillings, roll-up spreads, and burger toppings.

Fancy That!

When you add the beans, add one or more of these:

- 1–2 tablespoons chopped fresh basil, parsley, or
- cilantro leaves, or snipped chives
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon lemon zest
- 1–2 tablespoons chopped or pureed olives
- 1 teaspoon chopped jalapeño peppers or hot sauce (if you like it spicy)
- 1 tablespoon pesto

Be Creative

Substitute black beans for the white beans, and lime for the lemon.