

# Parmesan-White Bean Dip

## Healthy Snack April - 2014



Dip into the beans. Beans, even in a dip, provide soluble fiber—the fiber that helps lower blood cholesterol.

**Prep Time:** 15 Min

**Start to Finish:** 15 Min

**Makes:** 28 servings (1 tablespoon dip and 1/4 cup vegetables each)

### INGREDIENTS

- 1 tablespoon olive or canola oil
- 2 cloves garlic, finely chopped
- 2 teaspoons chopped fresh or 1 teaspoon dried thyme leaves
- 1 can (19 oz.) cannellini beans, drained, rinsed
- 1/3 to 1/2 cup chicken broth (from 32-oz carton)
- 2 tablespoons chopped fresh Italian (flat-leaf) parsley
- 1 cup shredded Parmesan cheese (3 3/4 oz.)
- 7 cups assorted cut-up fresh vegetables

### DIRECTIONS

1. In heavy 2-quart saucepan, heat oil over medium heat. Add garlic and thyme; cook 1 to 2 minutes, stirring constantly, until garlic is light golden. Remove from heat.
2. Add beans and broth to saucepan. Partially mash beans with potato masher. Stir in parsley. Heat over medium-low heat, stirring occasionally, until bean mixture is thoroughly heated. Stir in cheese until melted. Serve warm with fresh vegetable sticks.

**Recipe Provides:** Vegetables 1/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	50	<b>Calories from Fat:</b>	15
<b>Total Fat:</b>	1 1/2 g	<b>Saturated Fat:</b>	1/2 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	0 mg	<b>Sodium:</b>	85 mg	<b>Total Carbohydrate:</b>	6 g
<b>Dietary Fiber:</b>	1 g	<b>Sugars:</b>	0 g	<b>Protein:</b>	3 g



This recipe is adapted from [WWW. Eatbetterearly.com](http://WWW.Eatbetterearly.com)