



Nancy's Nourishing Kitchen

White Bean Dip with Kalamata Olives

Ingredients:

1 15 oz can cannellini beans, drained and rinsed
1 clove roasted garlic or 1/2 teaspoon minced garlic
3 tablespoons extra virgin olive oil
2 tablespoons water
2 tablespoons fresh lemon juice
1/4 cup pitted kalamata olives, roughly chopped
1/4 cup chopped fresh herbs, such as parsley or basil
sea salt

Directions:

Combine all ingredients in a food processor and process until smooth.
Check seasonings and add more salt or lemon juice, if needed.

Serve with crudité, pita chips or crackers.

Roasted Garlic

Ingredients:

1 head garlic, top sliced off to expose cloves
extra virgin olive oil

Directions:

Preheat oven to 350 degrees
Drizzle exposed garlic cloves with olive oil
Wrap in parchment paper, then aluminum foil
Bake in oven until garlic is soft and golden (approximately 40 minutes)
Squeeze out soft cloves, place in jar, cover with olive oil and store in refrigerator.

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