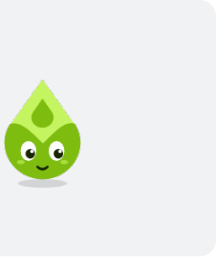
Snack, Latin American

Fresh Herb and Garlic Bean Dip

Soft mashed beans come together with garlic, a blend of fresh herbs and a little black pepper for a quick, scoopable snack ready in minutes.

5 min	35	6 g	0 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 10 servings

- [ ] 1/4 tsp ground black pepper
- [ ] 1/4 cup fresh herbs (any combination of parsley, chives, basil, dill or mint, see Chef Tip) (chopped)
- [ ] 1 clove garlic (minced)
- [ ] 1/4 cup water
- [ ] 1 1/2 cup low sodium canned beans (such as pinto, cannellini or great northern beans) (drained and rinsed)

Method

- [ ] **1** Place the drained and rinsed low sodium canned beans in a bowl and add the minced garlic, chopped fresh herbs, ground black pepper and water.
- [ ] **2** Mash everything together with a fork or potato masher until well combined.
- [ ] **3** Serve the dip with cut up raw vegetables, whole grain tortilla chips or crackers, or spread it into sandwiches or wraps.

Nutrition Facts

Per serving

Calories	**35**
Total fat	0 g
Saturated fat	0 g
Sodium	50 mg
Total carbs	6 g
Fiber	3 g
Total sugars	0 g
Protein	2 g

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