



WESTERN WISCONSIN HEALTH

WHITE BEAN AND PINE NUT DIP

- 1/4 C. soft bread crumbs
- 2 T. fat-free milk
- 1-15 oz. can white kidney (cannellini) beans or Great Northern beans, rinsed and drained
- 1/4 C. fat-free dairy sour cream
- 3 T. pine nuts, toasted
- 1/4 tsp. salt-free garlic-and-herb seasoning blend or other salt-free seasoning blend
- 1/8 tsp. cayenne pepper
- 2 tsp. snipped fresh oregano or basil or 1/2 tsp. dried oregano or basil, crushed
- Snipped fresh chives, optional
- Assorted vegetable dippers or Toasted Pita Chips

Nutrition Facts

Serving Size (49g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

In a small bowl, combine bread crumbs and milk. Cover and let stand for 5 minutes. Meanwhile, in a blender or food processor, combine beans, sour cream, pine nuts, seasoning blend and cayenne pepper. Cover and blend or process until nearly smooth. Add bread crumb mixture. Cover and blend or process until smooth. Stir in oregano. Cover and chill for 2 to 24 hours to blend flavors. If desired, sprinkle chives over dip. Serve the dip with vegetable dippers or Toasted Pita Chips.

NUTRITION FACTS: Serving size: 2 tbsp. per serving, 12 servings