

Tuscan White Bean Dip

Serve this light and tasty appetizer dip with crackers, pita chips or bread of your choice.

Ingredients

4 fifteen-ounce cans white northern beans, drained
1/4 cup reserved liquid from white northern beans + additional, if needed
2 cloves garlic
1/4 cup fresh squeezed lemon juice (about 2 lemons)
3 tablespoons well-stirred tahini
1 teaspoon salt
2 tablespoons extra virgin olive oil
1 tablespoon Italian Parsley, chopped
1/8 teaspoon cayenne pepper + additional for garnish

Preparation

In a food processor, pulse garlic until finely minced. Add beans, tahini, lemon juice, olive oil, parsley, 1/8 teaspoon cayenne pepper and salt and blend until combined. If needed, pour reserved liquid slowly from top of food processor while mixing and blend until preferred consistency. Mixture should be thick and smooth. Scrape down sides and make sure the hummus is well blended. Spread as much dip on a dish as desired, sprinkle with cayenne pepper and serve.

*Dip may be made one day ahead. Sprinkle cayenne pepper before serving.

*The amount of reserved liquid needed may vary depending on the brand of canned Northern beans used.