



White Artichoke Bean Dip

Ingredients:

1 can of artichokes (canned in water) - rinsed
1 can of cannellini beans- rinsed
1 tbsp lemon juice
1 cup shredded low-fat Monterey Jack cheese
½ cup shredded parmesan cheese
½ cup canola mayonnaise
1-2 tsp minced garlic (I like a lot of garlic)
Dash of Black Pepper

Throw artichokes, cannellini beans & lemon juice into a food processor and chop. Transfer to oven safe bowl and stir in cheeses, garlic, pepper, and canola mayo. Garnish with green onion if desired. Toss in the oven for 20-30 minutes on 400°, or until bubbling in the middle. Serve with healthy grains like rye crackers or whole wheat pita or tortilla chips.

*To increase veggie content, chop up 1-2 cups of spinach in food processor and add to mix.

FLT Servings Per Batch: 4 Legumes, 3.5 protien, 4 Cat 1 Vegetables, & 15 Oils

FLT Servings Per 1 cup Serving: 1/2 Legume, 1/2 Protien, 1/2 Cat. 1 Veggie, & 2 Oils