

White Bean Dip

BY **JACKIE MORGAN**, MILTON SCHOOL DISTRICT

Serve this with carrot and celery sticks or breadsticks.

4 pounds dry great northern beans
1²/₃ cups minced raw garlic
1²/₃ cups soybean oil
1²/₃ cups lemon juice, bottled or fresh squeezed
1¹/₂ teaspoons black ground pepper
1¹/₂ tablespoons salt
2¹/₂ cups chopped fresh parsley or mint

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1/3 CUP

Soak the great northern beans overnight. The next day, cook the beans for 1¹/₂ hours in boiling water.

Cool completely and put in robot coupe with all of the other ingredients.

Lightly chop the parsley. Remove any stems and process all together.

NUTRITIONAL INFORMATION

CALORIES: 58; SODIUM: 108.58 MG; SATURATED FAT: 8.54%

USDA REQUIREMENTS MET

1/4 CUP LEGUME VEGETABLE