White Bean Dip

BY JACKIE MORGAN, MILTON SCHOOL DISTRICT

Serve this with carrot and celery sticks or breadsticks.

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

Soak the great northern beans overnight. The next day, cook the beans for 1 1/2 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

4 pounds dry great northern beans
1 1/3 cups minced raw garlic
1 2/3 cups soybean oil
1 2/3 cups lemon juice, bottled or fresh squeezed
1 1/2 teaspoons black ground pepper
1 1/2 tablespoons salt
2 1/2 cups chopped fresh parsley or mint