Creamy White Bean and Artichoke Dip

Source: Get Healthy, Go Vegan by Neal Barnard, MD; recipe by Robyn Webb

This flavorful dip is packed with herbs and zesty garlic. Serve with whole-wheat pita bread or vegetables.

About the Recipe

38 Calories · 2.4 g Protein · 2.8 g Fiber
Snack

Ingredients

Makes 16 Servings

- 1 small white onion, chopped
- 1 15-oz (411 g) can artichoke hearts, drained
- 1 or 2 small garlic cloves, passed through a garlic press
- 1 15-oz (93-g) white beans, drained and rinsed
- 1 tbsp. lemon juice
- 1 tbsp (15 mL) finely chopped scallions
- 1 tsp (5 mL) fresh oregano
- 1 tbsp. (15 mL) chopped fresh basil
- 1/8 tsp (0.6 mL) cayenne pepper
- Iodized salt
- Ground black pepper

Directions

1. Gather ingredients. Preheat the oven to 425 F (218 C).
2. Wrap the onion in foil and bake for 20 minutes.

3. Squeeze each of the artichoke hearts or press them against the bottom of a fine-mesh colander with a spoon to force out as much moisture as possible. Add the onions, artichoke hearts, and all remaining ingredients to a blender or food processor and puree until smooth, but still chunky.
4. Serve.

Nutrition Facts

Per 2 tablespoons

Calories: 36 kcal
Fat: <0.5 g
    Saturated Fat: 0 g
    Calories From Fat: 3 %
Cholesterol: 0 mg
Protein: 2 g
Carbohydrates: 5 g
Sugar: 0.5 g
Fiber: 1 g
Sodium: 72 mg
Calcium: 22 mg
Iron: 0.8 mg
Vitamin C: 1.7 mg
Beta-Carotene: 16 mcg
Vitamin E: 0.2 mg