

# 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