



From the Kitchen of Executive Chef Jessica VanRoo

White Bean and Spring Pea Dip with Roasted Shallots

Serves 8

231 calories per ¼ cup serving

Description

This recipe is a new take on white bean dip, otherwise known as Italian hummus. Both spring peas and cannellini beans — a variety of white beans popular in Italy, particularly in Tuscany — are rich in protein, high in fiber and low in fat. This potent mix of fiber and protein helps to promote feelings of fullness, leaving you less likely to overeat.

Shallots and garlic are part of the allium family and contain powerful antioxidants, including allicin, a bioactive compound formed when shallots and garlic cloves are crushed or cut. They are also high in quercetin, a plant flavonoid thought to help reduce and manage seasonal allergies.

Fresh mint leaves and lemon add the final refreshing notes of spring. Mint is an herb that has been used for thousands of years to settle an upset stomach and lemons are laden with vitamin C, which helps reduce the risk of heart disease and stroke. Two other plant compounds found in lemons — hesperidin and diosmin — have been found to lower cholesterol.

Serving this dip with fresh vegetables — think baby peppers, broccoli, carrots, celery, cucumber, cauliflower and asparagus — provides high levels of antioxidants and fiber that help cleanse the digestive tract and detox the body.

Total cost: \$5.48/\$0.69 per serving



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Ingredients

- 2 large fresh shallots
- 1 cup olive oil
- 1 15 oz can white cannellini beans, drained and rinsed
- 1¼ cups fresh or frozen peas (cook if frozen)
- 2 garlic cloves
- ¼ cup mint leaves
- 3 tablespoons lemon juice
- Salt and pepper to taste
- Fresh vegetables for dipping
- Whole-grain crackers

Instructions

1. Preheat oven to 400 degrees.
2. Combine whole shallots and oil in an oven-safe dish, cover with foil and roast until shallots are tender, about for 40-60 minutes.
3. Remove from oven and set aside to cool.
4. Combine beans, peas, garlic, mint and lemon juice in a food processor, adding skinned roasted shallots.
5. Blend until smooth.
6. With blender running, drizzle in ¼ to ⅓ cup of shallot oil, reserving the rest for later use.
7. Season to taste and serve with whole-grain crackers and fresh vegetables of your choice.
8. Makes 2 cups, ¼ cup per serving.