

# White Bean Dip

BY **JACKIE MORGAN**, MILTON SCHOOL DISTRICT

Serve this with carrot and celery sticks or breadsticks.

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