



# APPETIZERS

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## Zippy Bean Dip

Makes 20 Tablespoon Servings

### Ingredients

1 can (15 ounces) cannelloni beans or great northern beans, rinsed & drained  
1 Tbsp. lemon juice  
2 Tbsp. plain non-fat yogurt  
2 Tbsp. chopped fresh parsley  
½ tsp. freshly ground black pepper  
¼ tsp. hot pepper sauce  
2 garlic cloves  
Toasted pita bread or fresh vegetables  
(Not included within Nutritional Analysis)

### Directions

1. In a food processor or blender, combine all ingredients.
2. Cover and process until smooth.
3. Chill.
4. Serve with toasted pita bread or vegetables.

### Nutrition Facts

Calories: 25  
Protein: 2 g  
Carbohydrate: 5 g  
Sodium: 5 mg  
Fat: 0 g



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