



# ***Herbed Spinach and White Bean Dip***

Yield: 4 servings

## **Ingredients**

- 2 cans of white (cannellini beans), rinsed and drained
- 1 can of spinach, rinsed and drained
- ¼ cup of lemon juice
- 1 TBSP of Italian seasoning
- ½ tsp of paprika
- ¼ teaspoon of black pepper
- Salt to taste
- Pita chips, Triscuits, whole grain saltines
- 2 cups of cooked long grain white rice (optional)

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## **Tools and Equipment**

- Large mixing bowl
- Measuring spoons
- Measuring cups (liquid)
- Can opener
- Fork or potato masher
- Stockpot
- Baking pan

## **Directions**

- 1.) Pour the rinsed and drained white beans into a large bowl and mash with a fork or potato masher.
- 2.) Add spinach, juice, Italian seasoning, paprika, black pepper, salt to taste.
- 3.) Mix well
- 4.) Serve with pita chips, triscuits, or whole grain saltines.

•\* To turn this snack into a meal,

•1.) Preheat oven to 350 °F.

2.) Once heated, place cooked white rice into a baking pan, top with the herbed spinach and bean dip.