

WHITE BEAN ROSEMARY HUMMUS



DIFFICULTY
EASY



TIME
5 MIN



SERVES
8

INGREDIENTS

1 tsp chopped fresh Rosemary
2 tsp chopped Garlic
1 each 15 ounce can White (Cannellini) Beans, drained and rinsed
2 Tbsp Tahini
2 Tbsp Lemon Juice
½ tsp Black Pepper
½ tsp ground Coriander
½ tsp salt plus more to taste if needed
2 Tbsp Olive Oil
1-3 Tbsp water if need

DIRECTIONS

1. In a food processor, combine all of the ingredients except the olive oil and water. Pulse and process until smooth; about 2-3 minutes. While the motor is running; drizzle in the olive oil. If necessary, adjust the consistency with water

Equipment

- Food Processor
- Spatula

NUTRITION FACTS PER SERVING

Calories: 75 **Fat:** 5.8g (Saturated Fat: 0.8g) **Carbohydrates:** 4.6g **Fiber:** 1.6g **Sugar:** 0.3g **Protein:** 2g



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