

Low Fat Ranch Dip

Makes: 4 servings

Ingredients

1 can great northern beans (15 ounce, rinsed and drained)

1/4 cup water

1/2 cup yogurt, low-fat plain

1/2 teaspoon garlic powder

1/8 teaspoon cayenne pepper

1/4 teaspoon black pepper

1 tablespoon chives (fresh, chopped)

1 tablespoon parsley (fresh, chopped)

1/4 teaspoon tarragon (dried)

1/4 teaspoon salt

1 tablespoon lemon juice

Directions

1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
2. Blend for 2 minutes to make it silky smooth.
3. Use a spatula to scrape the mixture into a medium bowl.
4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.

Source: National Cancer Institute (NCI), 5-A-Day Web site

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	170 mg
Total Carbohydrate	26 g
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

