

Ranch Dip

A blender transforms canned beans, herbs, and spices into this delectable ranch style dip.

Makes: 4 servings

Ingredients

- 1 can low sodium great northern beans, rinsed and drained (15 ounces)
- ½ teaspoon garlic powder
- ¼ cup water (as needed)
- ½ cup plain yogurt
- ? teaspoon cayenne pepper
- ¼ teaspoon black pepper
- 1 tablespoon chives, chopped
- 1 tablespoon parsley, chopped
- ¼ teaspoon tarragon, dried
- ¼ teaspoon salt
- 1 tablespoon lemon juice



Directions

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

Recipe from: *5 A Day for Better Health Program*, National Cancer Institute, adapted by the USDA Food and Nutrition Administration. ###

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