

After-school Monster Mash Bean Dip

Makes 2 servings

Ingredients

- 1 teaspoon extra-virgin olive oil
- ½ lemon, juiced
- 1 clove garlic, minced
- ¼ cup chopped parsley
(You can also use another herb of your choice.)
- 1 16-ounce can white beans, drained and rinsed
- salt, to taste*

Directions

1. In a small bowl, combine oil, lemon juice, garlic and parsley. Stir.
2. Add beans. Mash mixture with a fork. Add salt, to taste.*
3. Serve with cut vegetables.* Cover and store leftovers in the refrigerator.

*Option not included in nutrition facts.



TIP

Double this recipe to share with friends as an after-school snack.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

© 2016 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM.
OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-57650 (12/16)

Nutrition Facts

Serving Size 1/2 cup (246g)

Servings Per Container 2

Amount Per Serving

Calories 290 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 50g **17%**

Dietary Fiber 11g **44%**

Sugars 1g

Protein 17g

Vitamin A 15% • Vitamin C 25%

Calcium 20% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 3