

Facebook Live Lesson: White Bean Dip & Hummus

Join us Thursday, 5/14 at 3:00pm CDT [Facebook.com/FoodRightInc](https://www.facebook.com/FoodRightInc)
or search @FoodRightInc on FB

Bring these things to the lesson:

White Bean Dip Ingredients

- 1.5 cups cooked white beans (we use Cannellini) - either a 15 oz can or ½ cup dried*
- 1 garlic clove
- ½ of a lemon
- Olive oil
- Fresh parsley
- Salt
- Black pepper
- Balsamic vinegar (optional)
- Whole wheat crackers or vegetables to dip

Hummus Ingredients

- 1.5 cups cooked chickpeas (AKA garbanzo beans) -either a 15 oz can or ½ cup dried*
- Tahini
- Olive oil
- ½ of a lemon
- 1 garlic clove
- Greek yogurt (optional)
- Salt
- Paprika
- Cumin

***If you have dried beans, you will need to pre-soak and cook them before the lesson. This takes at least 9 hours. See instructions on how to prepare them [here](#).**

Equipment

- Cutting board
- Chef's knife
- Colander (if using canned beans)
- Masher or fork
- Large mixing bowl
- Scissors
- Measuring spoons
- Liquid measuring cup
- Rubber spatula or spoon
- Microplane (optional)
- Food processor (optional)



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