

## Dips to the Rescue!

Undoubtedly you'll be invited to a holiday party this season. Instead of fretting over what to bring, rely on these two healthy, festive dips centered around the superfood = BEANS!

### **THYME HOLIDAY WHITE BEAN SPREAD**

1, 15-ounce can great northern or cannellini white beans, rinsed and drained

1 T extra virgin olive oil

1 t dried thyme leaves

2 t lemon juice

1 small clove garlic, chopped

1/4 cup chopped fresh arugula (found in produce section)

Salt and ground black pepper as needed

Mix all ingredients in a food processor and add just enough water to help it blend.

Process until smooth. Nutrition information per 2 tablespoons: 45 calories, 5 g carbohydrates, 2 g protein, 1.5 g fat, 1 g fiber, 105 mg sodium.

### **ZESTY PINTO BEAN SPREAD**

1, 15-ounce pinto beans, rinsed and drained

2 t canned green chilies

1 t chili powder

1 t onion powder

1/4 t ground red pepper

Mix all ingredients in a food processor and add just enough water to help it blend.

Process until smooth. Nutrition information per 2 tablespoons: 35 calories, 6 g carbohydrates, 2 g protein, 0 g fat, 2 g fiber.

For more nutrition information, contact Health Solutions Dietitian Stacy Beeson at 381-2403.