

CANNELLINI BEAN DIP WITH GARLIC SCAPES

<http://andreasrecipes.com/2010/07/05/cannellini-bean-dip-with-garlic-scapes>

16 servings.

Equipment

food processor

Ingredients

15 ounces (425 g) cannellini beans, canned, rinsed and drained
1/2 cup garlic scapes, chopped
1/2 cup (100 g) grated Parmesan cheese
1/2 cup (120 ml) extra virgin olive oil
2 teaspoons lemon juice
1/4 teaspoon sea salt
1/8 teaspoon black pepper freshly ground

SERVE WITH

whole grain crackers
sliced baguette
grape tomato halves

Preparation

1. Add the beans to the bowl of the food processor and pulse 3 or 4 times. Add the garlic scapes and olive oil and process for about 30 seconds.
2. Add the lemon juice, sea salt, and black pepper and process until the dip is thick and creamy. If the dip is a little dry, add 1 to 2 more tablespoons of olive oil and process. Serve with whole grain crackers or sliced baguette.

Variations

You can also use about 5 or 6 fresh garlic cloves instead of garlic scapes.

If your scapes are very spicy, you can reduce the amount or add some flat leaf parsley to balance the flavor.