

## White Bean and Sun-Dried Tomato Dip

Using a food processor or blender, process the roasted peppers until smooth. Add the beans, tomatoes, garlic, mayonnaise, oregano, cumin, and chili powder. Blend the mixture to a smooth puree. Season to taste with salt and pepper. The dip is best if it sits at room temperature an hour before serving. It keeps for up to 3 days, tightly covered, in the refrigerator. The dip can be served cold or a room temperature.

- 1 jar (12 oz.) roasted red peppers, drained
- 1 can (15 oz.) white beans, drained and rinsed
- 10 oil-marinated sun-dried tomato halves, coarsely chopped
- 2 garlic cloves, chopped
- 3 T low-fat mayonnaise
- 1 t dried oregano
- 1 t ground cumin
- 1 t chili powder or dash of cayenne
- 1/4 t salt and freshly ground black pepper

  
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## Heart Healthy Recipe Because MHS s You

Beans are to versatile. Because their flavor is mild, this fiber- and nutrient-rich, low-fat food can be used in many dishes, including dips. You could serve this smooth, well-seasoned dip with celery sticks or low-fat crackers. You can also use it as a spread on sandwiches.

### Makes 20 servings (2 Tablespoons per serving)/per serving:

Calories	37
Total Fat	1g
Saturated fat	less than 1g
Carbohydrates	5g
Protein	2g
Dietary Fiber	1g
Sodium	57mg

  
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