

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



White Bean Dip

Ingredients:

- 2 (14-ounce) cans white beans, rinsed, and drained
- 1 tablespoons roasted garlic
- 1 1/2 tablespoons of extra-virgin olive oil
- 1 1/2 tablespoons water
- 3 tablespoons freshly squeezed lemon juice
- 1/4 cup parsley leaves to garnish
- Salt and pepper as needed

Directions:

1. Combine beans, roasted garlic, extra virgin olive oil, water and lemon juice in a food processor and process until smooth
2. Season as needed with salt and pepper
3. Garnish with parsley leaves
4. Serve with fresh vegetables

Nutrition Per Serving:

Calories	99.7
Total Fat	3.2 g
Cholesterol	0
Sodium	4.7 mg
Potassium	291.2 mg
Carbohydrate	14.3 g
Fiber	2.9 g
Sugars	0.2 g
Protein	4.4 g

Submitted By: Employee

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