

White Bean Dip   
1 (14- to 15-oz) can cannellini beans, rinsed and drained  
2 garlic cloves, finely chopped  
1 tablespoon fresh lemon juice  
2 tablespoons olive oil  
2 tablespoons chopped fresh flat-leaf parsley or basil  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
  
Prepare beans: Coarsely mash beans with a fork in a bowl, then stir in garlic, lemon juice, oil, parsley, salt, and pepper.  
  
White Bean with Pesto Dip  
2 15-ounce cans cannellini beans (white kidney beans), rinsed, drained  
1/2 cup purchased pesto  
2 to 3 teaspoons fresh lemon juice  
  
Process beans in food processor or mash with fork. Stir in pesto. Add lemon juice to taste. Salt and pepper to taste, if desired.