



Cornell Health & Nutrition Balanced Choices for Life

Recipes

APPETIZER/SNACK: White Bean Dip with Pita Chips

6 appetizer servings

For the pita chips

4 whole wheat pitas

¼ cup olive oil

1 teaspoon dried oregano

½ teaspoon each salt and pepper

For the dip

1 (15 oz.) can cannelloni beans, drained and rinsed

½ cup parsley leaves

Juice from 1 lemon (about ¼ cup)

2 cloves garlic

½ teaspoon each salt and pepper

1/3 cup olive oil

Directions

1. Preheat oven to 400 degrees.
2. Cut each pita bread into 16 wedges (cut in half and then keep cutting sections in half until you have 16 pieces).
3. Mix remaining ingredients in a medium sized bowl. Add pita wedges and stir to coat with oil mixture.
4. Scatter wedges on a baking sheet and bake about 4 minutes or until the bottoms start to brown. Turn wedges over and cook another 4 minutes until they are crisp and golden. Cool and store in a plastic bag at room temperature or use immediately.
5. In the bowl of a food processor, combine the beans, parsley, lemon juice, garlic, salt and pepper. Pulse on and off until mixture is coarsely chopped.
6. With the machine running, drizzle in the olive oil until the mixture is creamy. Season with more salt and pepper, to taste.
7. Serve with the pita toasts.

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